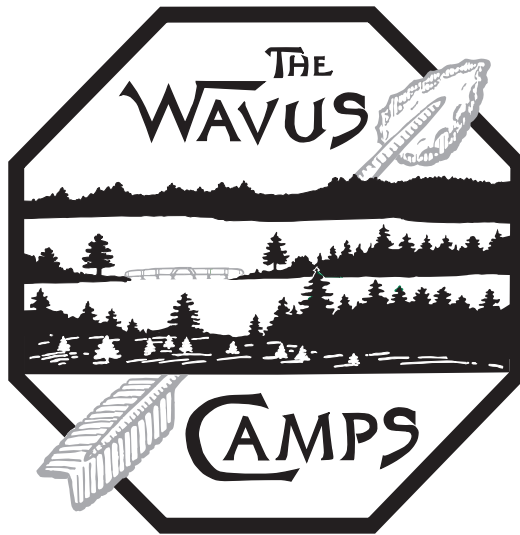


The
Marius
Annual

2007

The Wavus Annual 2007

Published by and for the
Staff and Campers of Wavus



*Printed by the Lincoln County Publishing Co.
Damariscotta/Newcastle, Maine*

Wavus Annual Dedication



Shirley "Mrs. Westie" Westerman

Harold Westerman, University of Maine Football Coach and Athletic Director, and his wife Shirley became the owners of The Wavus Camps in 1954. Harold was the director of the Damariscotta Boy's Camp and Shirley was the Director of the Wawanock Girls. Westy and Mrs. Westie, as they were affectionately called, ran the Wavus Camps until 1976.

Here's a quote from Harold in the '55 Wavus yearbook, "Mrs. Westie, The guiding light of the Wawanock maidens, perfectionist in camp management, always seen on the run, never too busy to listen, problem consultant and solver, sparkling smile and equally sparkling sense of humor, my friend".

And a quote from Aunt Marion Hinkley, Wavus Staff '56-'65, during an interview with Tom Dorman in July 1994 during the re-birth of The Wavus Camps. "Well, of course, Mrs. Westie was----I don't really think I should say intense, but she was very concerned about each girl and to be sure that the camp was running properly and that everything was here that was needed. You know, food and first aid supplies, and anytime that I drove with her on a camping trip we were always sure that the girls, especially the girls in charge had all of the equipment that she needed. Mrs. Westie was a trained nurse. I think all of us felt that during the camp season she was very concerned about our welfare. She was very likeable, really easy to get along with. Of course, I always admired her leading the songs, which she did very well and all the singing was well done."

We dedicate the second season's Annual of the Wavus Camp for Girls to Shirley Westerman for her special way of contributing to the shaping of the character and well-being of thousands of lives.

From the Director

Suse Wicks

"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."

-Helen Keller



This quote comes to mind when I reflect upon this past summer at Wavus. Wavus went into its second season filled to capacity for both full sessions and JW sessions. The Wilderness Tripping program saw the addition of two 100-mile Wilderness trips. We've seen a tremendous amount of growth in such a short time; there have been many goals – both big and small – for us to achieve. The presence of returning campers has started to solidify the culture of Wavus. These girls proved themselves to be leaders by sharing their past experiences and giving confidence to new campers. The pride and passion of camp was enthusiastically demonstrated during the 85th Alumni Celebration which took place the last weekend of July. The girls had the opportunity to share meals, songs, chapel, and Council Fire with KieveWavus (both Wawanock, Damariscotta, and Kieve) alumni.

After entering another year of camp, we've valued the voices of our girls as they continue to help us shape and define Wavus. It has truly been a gift to witness both campers and staff grow together as a family. Watching the girls as they initiated friendships, defined themselves, challenged themselves and set goals, only reinforced our belief that camp makes a difference. Through these experiences, the girls left Wavus with a renewed sense of confidence, accomplishment, and empowerment, while receiving support and guidance to develop life-long skills (as well as a "Wavus" sense of humor).

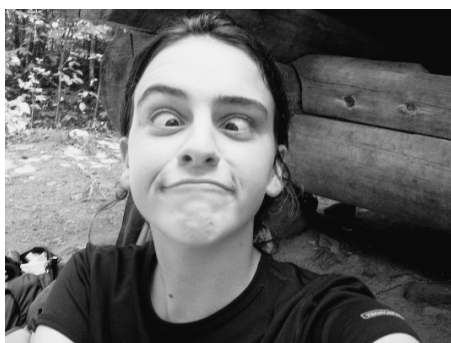
The success of our second season would not be possible were it not for the Wavus staff; I thank them for their ongoing patience and support. As we move forward, it is a joy to be a part of Wavus' heartfelt promise: To offer a program and environment that enables girls and women to just be themselves.

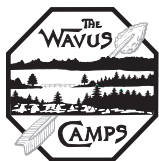
Warmly,

Suse

P.S. Hannah-dog just celebrated her 13th birthday!







Wavus Camp for Girls

RAYS OF THE TOTEM

These are the rays of the totem that burn and gleam bright on our pathway.
These are the symbols we cherish, and through the far years will remember.

High aspiration is pictured by the arrowhead, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment.

Bravery the Indian speaks of the courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown beaver. What good are ideals and ideas without the stern purpose of working?

Patience the heron must practice while waiting for fish for his dinner. Full many a task is accomplished, if self-control rules our emotions.

Love, said the Master, is the greatest, and we too, would follow the Master. We too, would love friend and foe, and help all with deep understanding.

Knowledge is power to master the problems and choices of living. Not only the knowledge of books, but the lessons experience teaches.

The spider calls us to be **Steadfast**. He'll weave his web over and over. We too, must be willing to try, and try again, times without number.

Forget-me-not speaks to remind us to be **Loyal** in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

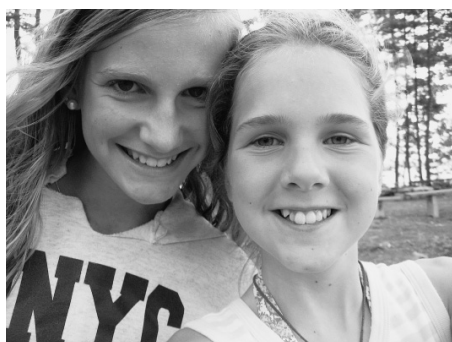
Truth by the grail is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the fire casts its **Radiance of Cheer** into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more **Work Together**, a defeat is transformed into triumph.

Humility bids that we all look to the Master of all for our guidance. He, like the wheel of a ship, will charter the course we must follow.

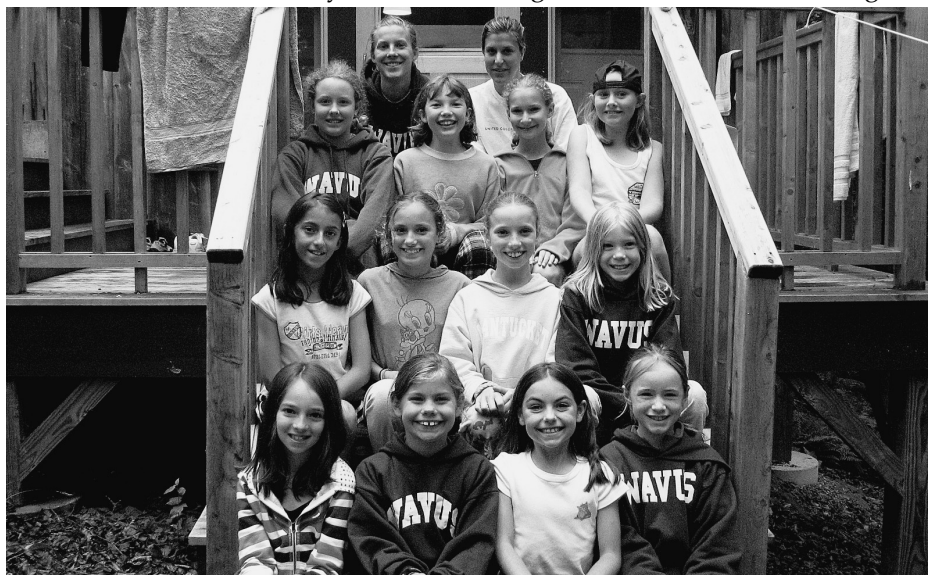
These are the rays of the totem that fashion the patterns of Wavus.
These are the symbols we cherish, and through the far years will remember.





JUNIOR WAVUS COURAGE – FIRST SESSION

Front: Emily Mahan, Margot Hartner, Kate Renaud, Kate Glass, Julia Feiss, Meghan O'Leary. Middle: Caroline Wilson, Rachel Keith, Sophie Benson, Char Noels, Ellie Bennett, Kelsey Brick. Back: Megan Pelletier, Valeria Dominguez



JUNIOR WAVUS KINDNESS – FIRST SESSION

Front: Es Benson, Caroline Muller, Georgia Rego, Anna Steiner.
 2nd Row: Tania Gray, Emma Ward, Paige Winn, Emily von Weise.
 3rd Row: Lily Crossman-Sexton, Izzy Layman, Jenny Golden, Annie Warzecha.
 Back: Katie Rifenburg, Carla Garcia



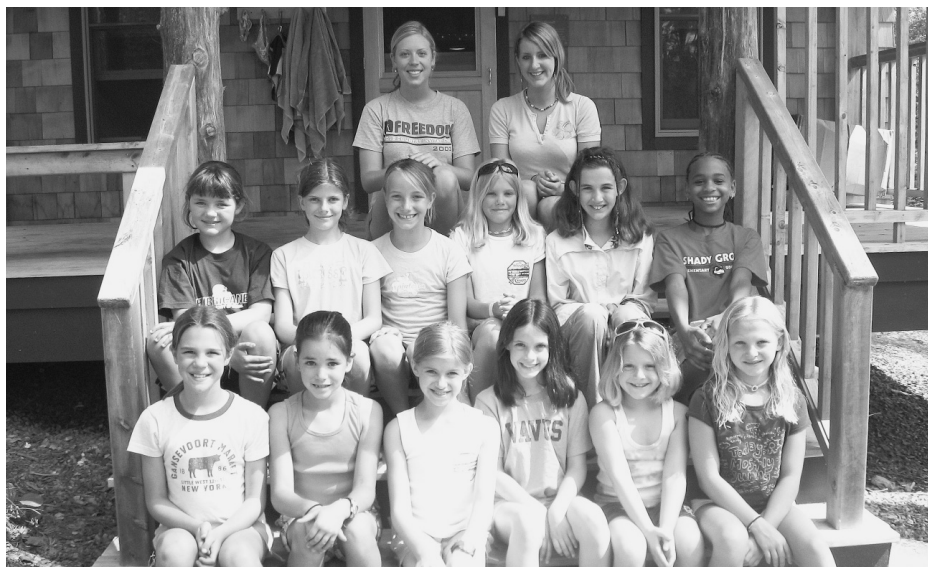
JUNIOR WAVUS RESPECT – FIRST SESSION

Front: Addie Stansbury, Izzy Carpenter, Caroline Motley, Caitlin Wood, Sinclair Meggitt, Nancy Billings. Middle: Emmie Nathans, Annelise Vought, Oriana Smith, Keltin Frederick, Quincy Abramson. Back: Jenny Amsden, Ophelia Lu



JUNIOR WAVUS RESPONSIBILITY– FIRST SESSION

Front: Anna Geismar, Shelby Hetherington, Ella Kraft, Emma Cusano, Juliette Evans, Liv Olcott. Back: Alex Needham, Cindy Livingston, Sarah Wilson, Brittany Loveless, AB Houghthon. Not Shown: Shelley Goulder



ALGONQUIN – FIRST SESSION

Front: Lucy Ward, Ellie Aliapoulis, Courtney Masotti, Ellie Parker, Abby Tanen, Courtney Close. Middle: Claire Hebb, Emma Rogers, Ellie Crudgington, Sadie Hyde, Claire Benning, Nickél Burchette. Back: Katie Glodowski, Megan Lynch



MOHAWK – FIRST SESSION

Front: Ellie Maltby, Hope Boozan, Anna Marsh, Sophie Jensen, Olivia McCahan, Lexee Pinsky. Middle: Audrey Bransfield, Cata Robert, Thea Piccone, Abby McGrail, Chase Leisenring, Casey Ross. Back: Katie Stone, Kate Marshall



CHEYENNE – FIRST SESSION

Front: Liddy Ambler, Courts Bliss, Emily Carothers, Brooke Mullen, Sarah Wilentz, Tory Dobbin, Middle: Lilly Plummer, Tess Despres, Phoebe Rogers, Dani Berdud, Sarah Brown, Yin Agbontaen. Back: Mary Anna Lynch, Kris Meade



CAYUGA – FIRST SESSION

Front: Tirah Hartung, Fiona Gately, Alex Aliapoulios, Darby Philbrick, Mara Schein, Olivia Lucas. Middle: Ros Shinkle, Diamond Stevens, Starr Ortiz, Sarah Chisholm, Molly Pivirotto, Catherine Malloy. Back: Rebecca Clarke, Hilary Burt



CHEROKEE – FIRST SESSION

Front: Molly Driscoll, Ray Schneider, Andrea Silvestri, Lauren Stone, Charlie Woodhams, Molly Wood, TJ Babbitt. Middle: Liza Dorsey, Lindy Perry, Natalie Hauptman, Betsy Sednaoui, Laura Hebb, Caroline Hague. Back: Sara Taylor, Parry Grimm



OMAHA – FIRST SESSION

Front: Cullen Lapointe, Avery Kelly, Dora Cronin, Zeeza Cole, Grace Harper, Catie Hopkins. Back: Drew Boulos, Caroline Inches, Daly Arnett, Belin Mcgehee, Emily Rodrigue, Tatianna Dalton, Bailey Ross. Not Shown: Vieve Leslie



OSAGE – FIRST SESSION

Front: Zoe Atchinson, Greta Finney, Elizabeth Bolton, Caitlin Clapacs.

Middle: Izzy Huston, Shannon Vuillemot, LeiLani O'Sullivan,
Grace Muller, Julia Malloy, Eli D'Agosto.

Back Row: Melissa Grip, Ellie Weickert, Sus Matthai, Anna Feiss



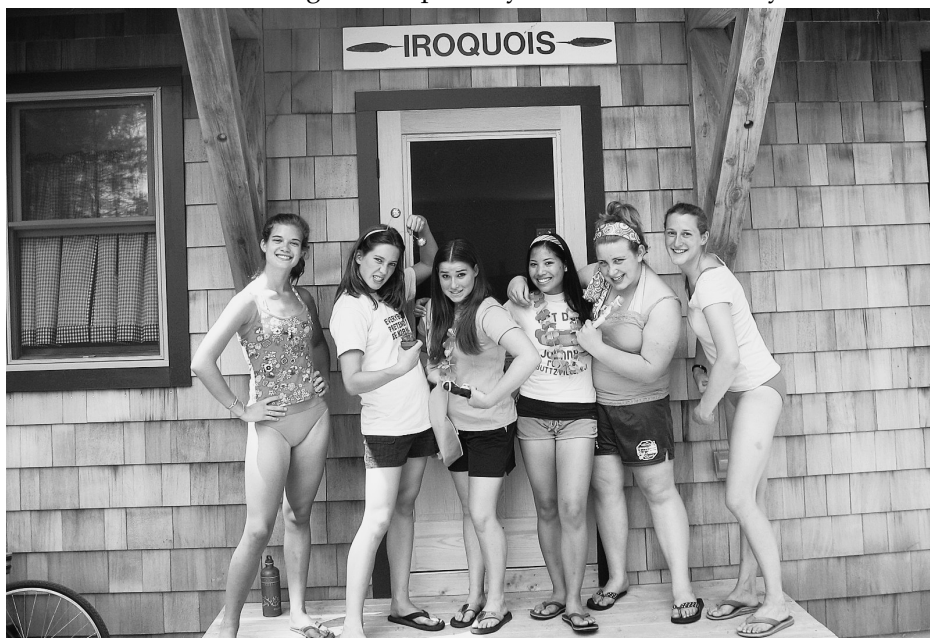
OJIBWAY – FIRST SESSION

1st Row: Boone Saunders, Ellie Feeley, Lizzi Dowling. 2nd Row: Claire Jones, Charlotte Blake, Bee Crudgington. 3rd Row: Megan Lapham, Mallory Grimm, Poppy Doolan. 4th Row: Olivia Owens, Kendra Ganser, Yvette Schein. Back: Blaire Lamb, Huntley Chapman, Mariah Schavoir, Meg Chiumento, Jodie Sullivan, Andie Wang



ALLAGASH – FIRST SESSION

Front: Taylor Wallace, Hayley Bright, Char Gerchick, Maggie Barger
 Back: Hadley Miller, Mandy Mathias, Lindsay Gallo, Emma Murphy,
 Hannah Finn, Margaret Chapin, Kayla O'Sullivan, Lindsey Bond



IROQUOIS – FIRST SESSION

Margie Gribbell, Abigail Sawyer, Melissa Wider, Anna Otis,
 Molly Barrows, Aubrey Millert



JUNIOR WAVUS COURAGE – SECOND SESSION

Front Row: Olivia Bell, Bea Kelly, Hannah Horsfield, Emmy Lynch, Lindsay Stewart, Hannah Richardson. Middle: Sarah Nichols, Annie Hentschel, Sabina Stan, Hannah Clemons, Devon Moore, Emma Landes. Back: Katie Rifenburg, Anna Titcomb



JUNIOR WAVUS KINDNESS – SECOND SESSION

Front Row: Lauren Krueger, Phoebe Perelman, Kiera Murray, Rose Chiarello, Victoria Bush, Bridget Finnigan. Middle: Caroline Williams, Ginny Durkin, Meg Forelli, Alli Chambeau, Maria Moreau, Lexi Kelley. Back: Anna Geismar
Not Shown: Megan Pelletier



JUNIOR WAVUS RESPONSIBILITY – SECOND SESSION

Front Row: Nicole Fox, Haley Moller, Kate Zatyko, Charlotte Greg, Lily Tromanhauser. Middle Row: Helary Gladstone, Maddy Leen, Emma Kelly, Abby Vaske, Brookie McIlvaine. Back Row: Hilary Burt, Alison Cook



JUNIOR WAVUS RESPECT– SECOND SESSION

Front: Sami Feldman, Izzy Hodess, Abigail Hoguet, Katie Cooper
 2nd Row: Lanie Preston, Anna McClean, Hannah Ash, Sarah Werner
 3rd Row: Hannah Wagner, Maura Eagan, Sarah Gannett, Alison Obstler
 Back: Rebecca Clarke, Kris Meade



ALGONQUIN – SECOND SESSION

Ophelia Lu, Natalie Unger, Katie Elliott, Alice Bennett, Ana Konyk,
Meri Dorman, Andie Wang



MOHAWK – SECOND SESSION

Front Row: Zoe Alles, Izzy Nixon, Rebecca Cibbarelli, Maddy Cross,
Grace Glovier, Emma Zetterberg. Middle Row: Camille Dunwoody,
Caroline Crocker, Maria Cabrera, Cannon Passano, Simone Unger.
Back: Katie Glodowski, Cassie Rodrigues



CHEYENNE – SECOND SESSION

Front: Alexandra O'Brian, Parker Dean, Meghan Miller, Lexie Faiman, Lucy Nalen, Maddy Johnson. Middle: Margaux Glovier, Hannah Schott, Dayla Pascador, Brooke Stewart, Riley Vaske, Anna Pieringer. Back: Margaret Chapin, Megan Lynch



CAYUGA – SECOND SESSION

Front: Lily Schrecengost, Audrey Falk, Ari Miele, Leah Falk, Emma Howard, India Kline. Middle: Kate Stanley, Valerie Hirschberg, Annie Pieringer, Celeste Young, Brooke Goldner. Back: Alison Cook, Kate Marshall.
Not Shown: Jenna Lee



CHEROKEE – SECOND SESSION

Front: Lexi Dorman, Michaela Wozniak, Mari Young, Georgia McKee, Larson Bennett, Sarah Kaplan. Middle: Elle Reynolds, Emmy Ribet, Lia Keyser, Lillie Tuthill, Mary McAuliffe, Emmi Hodess. Back: Katie Stone, Mallory Ferguson



OMAHA – SECOND SESSION

Front: Erin Gates, Angeliques Kemp, Maddie Cady, Ruby Payette, Annie Bonsey.
Middle: Dayzee Gaulin, Sara Thurber, Maggie Kelly, Emmy Peters,
Carly Reed, Cricket Wymess. Back: Katie Rifenburg,
Belin McGehee, Not Shown: Parry Grimm



OSAGE – SECOND SESSION

Front: Jenny Amsden, Jodie Sullivan. Middle: Shannon O'Callaghan, Nikka Pascador, Dylan Alles, Elena Joukowsky, Mary Yost, Sara Glickman-Tondreau, Claire Costello. Back: Nellie Dawson, Kaly Moot, Lily Ardente, Sara Fielder, Molly Cleveland, Adrian Huntington



OJIBWAY – SECOND SESSION

Front: Alaire Davis, Bay Crosby, Ali Lazare, Chelsea Guptill, Hailey Newbound, Claire Yost. Middle: Carey Hauber, Laura Lee, Emily King, Kasey Jacksonis, Elise Cormier. Back: Hadley Miller, Mary Anna Lynch



ALLAGASH – SECOND SESSION

Front: Lindsay Weibel, Genna Spears, Lauren Geddes, Greer Howard

Middle: Bailey Sitz, Sarah Ribet, Emma Cushing, Caroline Clark

Back: Huntley Chapman, Leah Agren



IROQUOIS – SECOND SESSION

Front Row: Kristina Kronauer, Amy Iacovelli, Claire Hirscheberg,
Sommers Kline, Megan Cohen, Chrissy Cuneo. Back: Sara Taylor, Izzy Huston





Archery

Tegan Mortimer

Archery this summer was a great attraction. Many of the girls would return again and again for the afternoon periods in pursuit of their Medals. Their skill, diligence and enthusiasm - especially when it was pouring down rain - was a great surprise and joy. Though many girls shot for fun, many also tried for their Medals, challenging themselves to reach score values. A great number of Medals were achieved from over thirty Wavus W's and Bronzes to six Silvers and three Golds between the two sessions. I have a great number of memories from the archery range this summer and I hope that likewise the girls enjoyed their time there as well.



Arts and Crafts

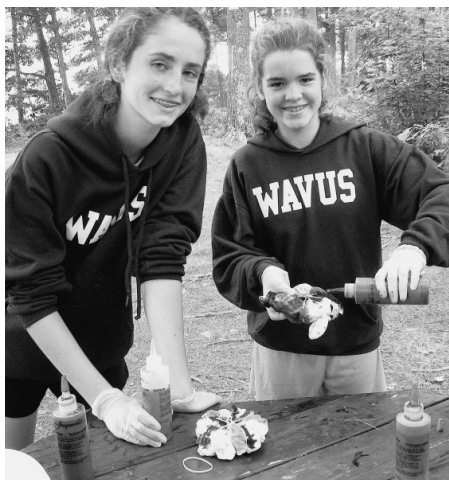
Maris Wicks

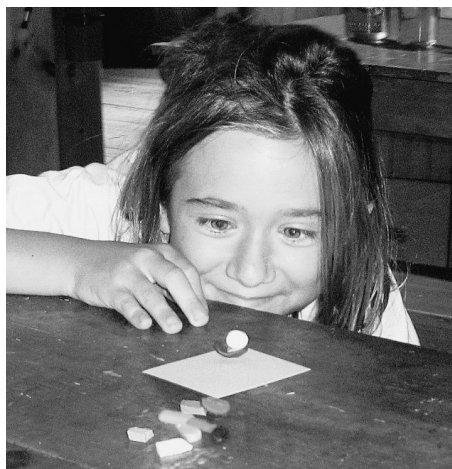
This summer at Wavus saw many additions to the rigorous schedule of Arts and Crafts. The Owl's Nest was constantly a buzz with various activities. We stuck to a lot of old favorites: Sculpey Monster Madness, Designer Water Bottles, Jewelry Design, and the ever-popular Tie-Dye, to name a few. There were also several additions made to the Wavus art repertoire. The Stuffed Animal clinic allowed campers to design and create their very own stuffed animals (or other random objects; there was a stuffed hot dog and chocolate chip cookie in the mix). This activity was predominately run with the older cabins because it took a lot of patience, focus, and time. The Pouch Project enabled campers to try their hand at sewing, a skill at which many of them proved proficient! Sock puppets were also a hit; this activity threw a wee bit of drama into the mix as the girls really enjoyed getting into character. So much so, that I had to remind them that they are responsible for the actions of their sock puppet.



Every year, we have camp-wide community projects that are donated to Wavus to be displayed for future summers. First Session created a group piece of "thumbprint people"; each camper had to create a person (or creature) made from their thumbprint. The finished work of art will hang in the Infirmary to serve as a cheery addition to the white walls. The First Session campers also helped to develop an activity book that they could take home with them on the last day of camp. Each cabin was responsible for making a cabin page with activities such as word searches, jumbles, and connect-the-dots. The Second Session had a very different experience: for the first time, Wavus produced a quilt with a square made by each and every camper. This quilt will hang in the Jewell Lodge for many years to come. Each camper had to hand-sew her square, and had complete control over what her square would look like. Everyone was really proud of what they had created; I hope that this is a tradition that continues for years to come!

Aside from the basics, we had plenty of counselors that stepped up to develop their own art activities for the girls. Whether it was "Advanced Friendship Bracelets" with Cassie, "Magazine Butterflies" with Rebecca, "Stationery Design" with Parry and Belinda, or "Rock Painting" with Katie R., art was always out and about on the Wavus campus. I want to thank all the Wavus campers and staff for making this past summer a great one down at the Owl's Nest. Here's to many more years of "Ahts and Crahfts" at Wavus!





Canoeing

Pris Watson

The canoeing program at Wavus focused on basic stroke development, care of the equipment, safety procedures and, of course, fun on the water. A major objective of the program was to develop the skill level and paddling endurance that will enhance and support the lake and river trips in which the campers participate. The program also covered all canoeing points listed in the Wavus Medal Program and the campers had the opportunity to complete these requirements towards their Medals. Hopefully, the girls finished their camp year with a love of canoeing and the skills that will allow a lifetime of enjoyment.





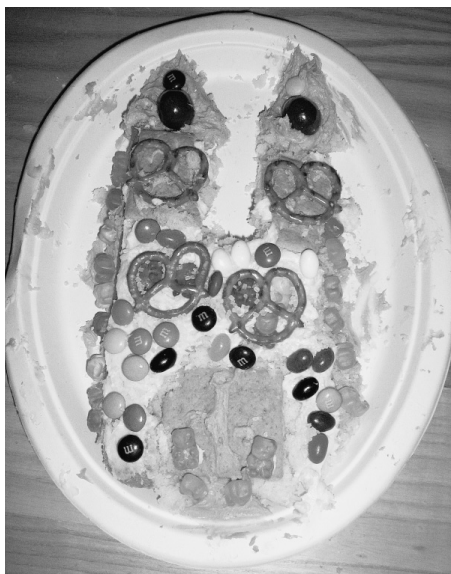
Cooking

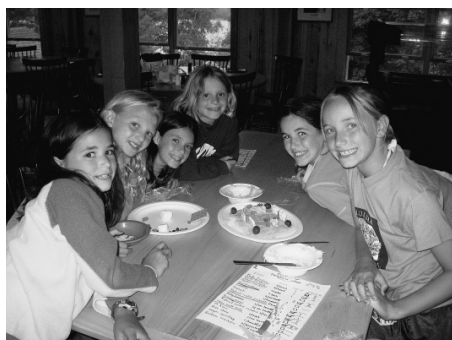


Evening Activities











Field Sports

This year at Wavus, Field Sports became a regular activity. There were two General Swims a day, with half the camp attending one or the other. The remaining half of camp got to hone their skills on the soccer field, baseball diamond, tether ball area, etc. Not a day would go by when there wasn't a relaxed game of soccer going on down by the flagpole, or a Frisbee toss over on the Archery field. Ping-pong (though not really a field sport) was enjoyed under the porch before and after meals. If the ping-pong table was too busy, campers would often partake in the "ring-game", a dangerously addictive game of focus. As mentioned before, tether ball always seemed to pull in a cabin or two, especially right before dinner. And of course, there were always the old stand-bys: S.P.U.D., Red-light-Green-light, Simon Says, and Duck-Duck-Goose. Regardless, field sports time always resulted in some quality time with cabins, friends, and counselors.



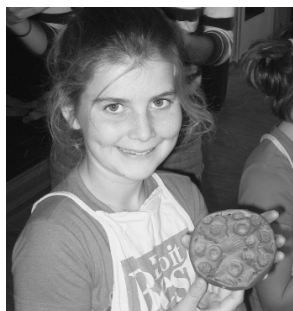
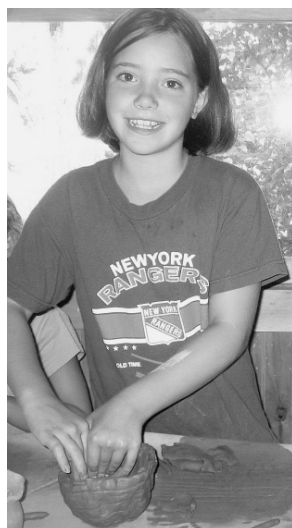


Pottery

Liz, Mary, Malley & Elliot

The 2008 Pottery program started off with our Mandala Project. We asked every camper to create mandalas to hang in the Jewell. The Mandala is an ancient circular pattern symbolizing our connection to everything and everyone around us. It represents wholeness. It was amazing to watch the girls quietly working on the intricate designs and to see the finished project coming together as a symbol of our connectedness. We also had so many wonderful days of creating wonderful sculptures and trying out the potter's wheel. We keep adding to our "forest creatures" and everyone who visits Wavus loves discovering them. Thanks for a great year.

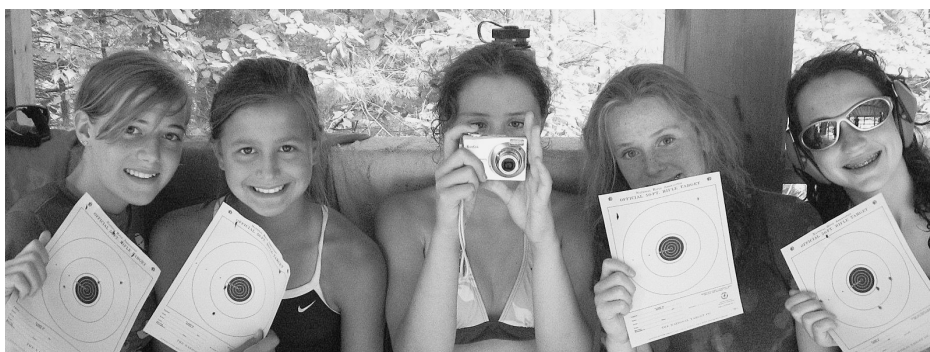
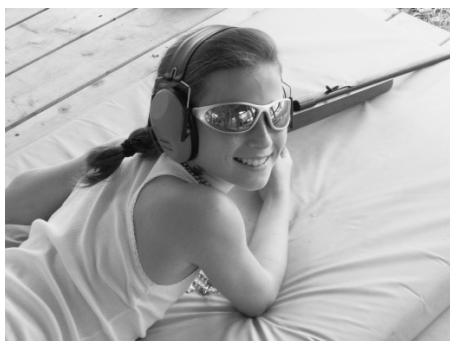




Riflery

Cassie Rodrigues

This summer, Wavus girls locked and loaded at the riflery range. Every camper, young, old or JW had the opportunity to learn the intricacies of a .22 rifle. Every session started off with a review of the rules (we ran a tight ship) and then we got straight to shooting! We practiced shooting prone on mattresses, aiming for paper targets at 50 feet away. Although most girls were nervous their first time at the range, almost everybody began to look forward to the days when they could walk through the woods to the Wavus riflery range. Girls also got to take their most prized targets home to keep track of their progress. This summer had more than one bullseye, and we look forward to many more next year.



Ropes

**Adventure Course Director Holli Mellick and
Assistant Adventure Course Director Kara Fagan**

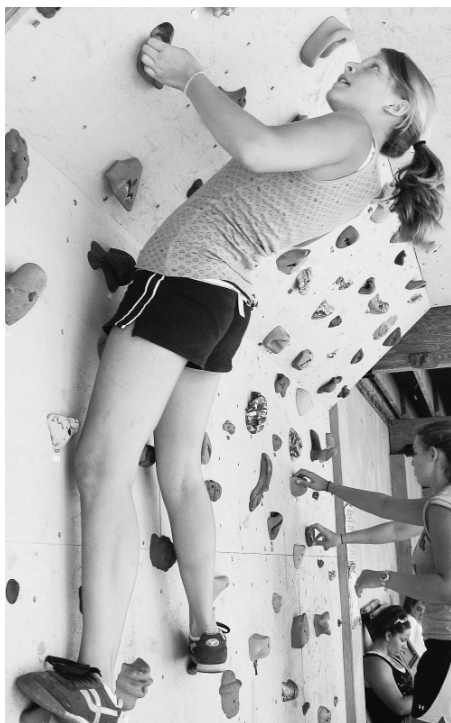
"If you were a hot dog, would you eat yourself?" If you happened to make your way down to the adventure course this summer, you may have been asked this and many other seemingly random questions. These quirky questions, which touched on everything from musical tastes to favorite books, were just one of the many ways the staff on the ropes course got to know the campers, and the campers and staff alike go to share their creative sides. All of the adventure course elements require creativity and ingenuity in addition to enabling the kids to express and challenge themselves.

This year three new elements were added to the course; the Pirates Crossing and Low Two-line offered two high elements, and the TP shuffle provided another team-building low element. Though the Aqua Zip is a perennial favorite, the Peanut Butter Pit and Giant Swing were the most popular elements of the summer with most campers getting the opportunity to participate on both.

Those of us fortunate enough to see cabins come down to the course several times during the session witnessed tremendous growth. Cabins who, in the beginning, were comprised of several girls working as individuals later became unified, cooperative teams. Whether on the ground or forty feet in the air, each and every girl who came down to the adventure course challenged herself in some way, learning something new about herself in the process.



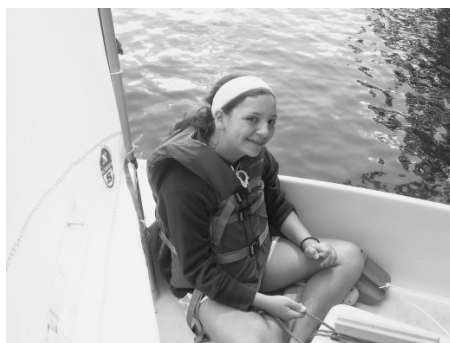




Sailing

Emily Wing

Wavus saw yet another season of sailing the high seas of Lake Damariscotta. We encouraged every camper to learn about the boats and technique, and then to try their hand at the activity (when the wind permitted). Beginning and Advanced Sailing was offered in the afternoons, giving campers the chance to return again and again to strengthen their sailing skills. Wavus also saw the addition of a new boat: a larger sailboat that could take as many as eight! This vessel was reserved for campers who had interests in advanced sailing, or for a cabin that deserved a treat (once we anchored, the girls could jump off into the lake). The Optis (our smaller boats) were perfect for beginners and advanced sailors; you could easily pilot an Opti with one or two people. On the occasional rainy day, we practiced our knots and learned about the maintenance of the boats. Overall, it was a great summer for the Wavus Sailing program. We look forward to next years adventures, and remember: a southwest wind is a good wind!







Tennis

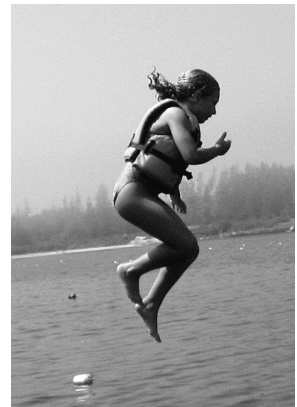
The Wavus tennis courts saw a second year of action this past summer. During the morning activities, tennis was scheduled as an instructional sport that used games and warm-ups to get the girls excited. In the afternoon, it was more of an open activity, where the girls could play against each other. The occasional game of basketball was played up on the courts, usually before dinner. Second session saw the addition of a much-needed drinking fountain (a.k.a. “bubbler”) installed up at the courts (it could get wicked hot up there). Ultimately, it was a nice, laid-back tennis season at Wavus last summer.



The Snowgoose III

The Snowgoose III: one of the many highlights of camp. Whether it's the salty ocean air, the seal-spotting, or the promise of a scoop at Round Top Ice Cream afterwards, this day trip is a necessity to the Wavus experience. Over the summer, most of Wavus had a chance to sail the high seas of Muscongus Bay with Captain Mike.

A typical day on the Snowgoose looks like this: First, a group departs from camp after breakfast with lunches packed and lots of sunscreen, water, and extra sweatshirts. Upon arriving at Bremen Landing, we unpack our coolers, take one last land-bathroom break, and meet Captain Mike (along with chocolate lab, Luna) on the deck. After instructions, we head on down to the boat. Now for the fun stuff! Once we're going on the boat, there are tons of cool things to look for: commorants, osprey, ducks, and even seals. You can use a pair of the binoculars, or simply use your eyes. Another creature you might be on the look out for is the Maine lobster, but you won't find this one using the binoculars. You'll have to help the Captain haul up a lobster trap. There you might find lobsters and even some crabs. If you want to assist in helping to catch more lobsters, you can try your hand at fishing for mackerel (the mackerel then get used as bait in the trap). But the fun doesn't stop there. We anchor the boat to eat lunch...and to go



swimming. Many Wavus campers brave the icy-cold water of the Atlantic each year, but it's not for the faint of heart. After everyone is thoroughly salty, the boat heads back to the docks of Bremen, thus ending the Snowgoose adventure.

So, there you have it. A trip that is uniquely Maine, that involves nature, activities, and chilly challenges. A big thanks goes out to Captain Mike and crew for having us aboard, putting up with our shenanigans, and for providing us with an awesome experience!



Waterfront

Paula Stratton and Heather Lersch

Co-Waterfront Directors/Aqua Goddesses

This summer marked the beginning of a very exciting and ambitious swim program at Wavus Camp to carry on the tradition of past years, before the camp re-opened in 2006.

The Wavus waterfront began with a very chilly lifeguard training week prior to camp for over fifteen staff members (complete with hats and mittens, I am told!). Counselors Cassie Rodrigues and Megan Lynch then started the summer off by painting welcome signs and rules for the waterfront, giving it a colorful new facelift and an overall safe feeling. Along with procuring a new hammock for summer lounging, we were also able to add a “Wavus Women Rock of Fame” for those swimmers earning Wavus W, Bronze, Silver, and Gold Swimming Point Certificates for their medals books.

Mornings generally consisted of instructional swim periods called Wavus Waves, which was so popular it took off just like a flying fish in Damariscotta Lake! Swim caps were designed by lifeguard and counselor, Megan Lynch and web designer Meghan Lyndaker. The Wavus Waves swim program allowed campers to hone their skills for island swims and Swim USA, improve fitness, and work on their overall stroke technique. The renowned Wavus Aqua Goddesses Heather Lersch and Paula Stratton led these ladies in exciting warm-ups, stretches, and muscle-building exercises to improve flexibility and confidence in the water. Each morning Wavus Waves class always ended on a hilarious note: the much anticipated “Fun Relays” at the end of class, had kids blowing beach

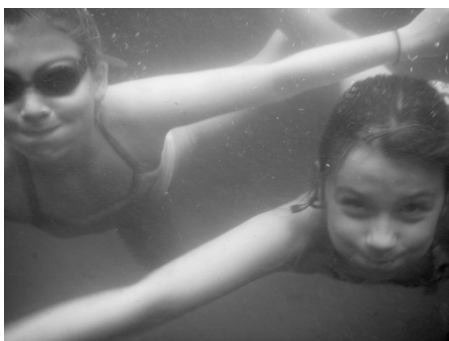


balls down the swim lanes, galloping along with a “pool noodle broncho,” and even swimming with rubber chickens on their heads. (You name it, anything to promote friendly competition, teamwork, and belly-rolling laughter was highly encouraged!)

Afternoons allowed campers to have at least one General Swim free period down at the waterfront, where sunbathing and Harry Potter skits were not uncommon sights to be seen. Sign-up activities were also offered at the waterfront, and consisted of Swim USA time and daily swims to Echo and even Treasure Island this year. We also found time for water ballet, water aerobics, water polo games (complete with an official water polo net and even a loud megaphone announcer, of course!)

One fine young woman, Izzy Nixon, was able to complete the entire Swim USA program in one summer session. Besides improving their geography and math skills, Swim USA allows each camper who chooses to participate in at least one state the opportunity to earn a Swim USA t-shirt. The Swim USA shirt has a drawing of all the states, each having a different number on it to represent the number of laps necessary to complete and color in that particular state. The total number of laps necessary to finish the entire country is a grand total of 1,225 laps! The t-shirt can be worked on over the course of several summers, so we hope to have returning campers complete their shirts in years to come!

All in all, it was a Wavusly wonderful summer to be down at the waterfront and we look forward to another exciting summer next year.









Wilderness Tripping

**Tripping Director Katie Moulton and
Assistant Tripping Director Vicki Murray**

Wilderness Tripping is the heart of the Wavus experience. It is designed to introduce campers to the wilderness and to serve as a classroom for the development of trust, self-confidence, communication, cooperation and leadership. Wilderness trips offer campers both challenges and rewards that they will remember throughout their lives. For most, the sense of confidence gained by successfully conquering Mt. Katahdin or the Mud Pond Portage will live on in their memories of Wavus.

The Wavus tripping program found its stride in 2007. Campers and counselors embarked with more confidence and returned as all-stars – infused with pride, humor, and a sense of accomplishment. We also saw the first ever Wavus 100-mile Wilderness Trip, consisting of many girls who had returned from previous years to seek a new challenge. It was an honor to witness the growth that occurred among campers and counselors upon their return to Wavus. Thanks to everyone for meeting the challenge of wilderness trips with so much grace.



Woodworking

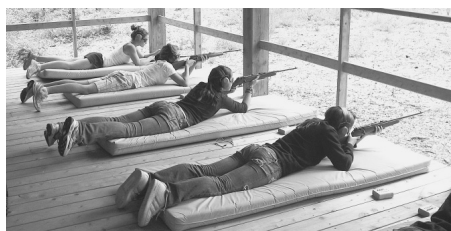
Liz Thorp

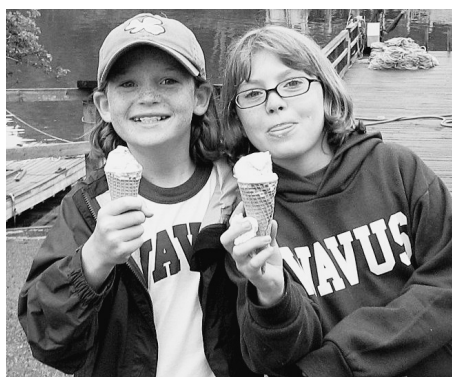
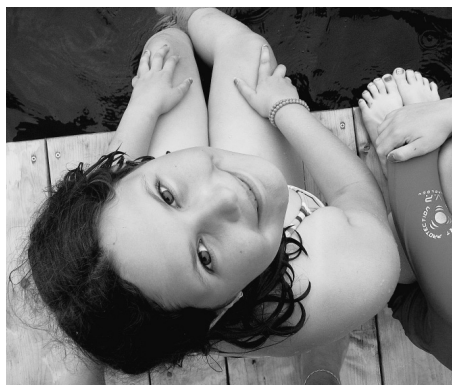
This past summer saw the second year of the Woodworking Program here at Wavus. We revisited some of the favorite activities from last summer (picture frames, Jacob's Ladders, and the infamous Wavus Birdhouses), as well as trying out some new projects. The girls practiced joint-making and decorative cutting skills with the Box project, became astute wood-burners while working on various handmade games, and participated in multiple group projects. Some of the highlights from the summer included the development, design, and construction of the first-ever Wavus go-kart "the Algonquinator". The introduction of musical instruments to the Woodworking Program saw the production of many guitars (acoustic and electric styles) and countless thumb pianos. In addition, the girls had a chance to work as a whole camp to help create a "dwelling"; it was a small hut made out of young branches woven together. The hut could fit about four people and had an open doorway and a few peepholes (similar to windows). This project will be a permanent addition to the Wavus campus, and has already begun to be a favorite hiding place of certain gnomes. Again, the girls of Wavus camp never cease to amaze with their incredible woodworking skills, whether they're returning champions of the woodshop or brand-new to the tools and techniques. Good work girls, and keep it up!

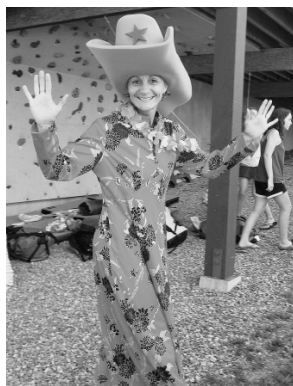


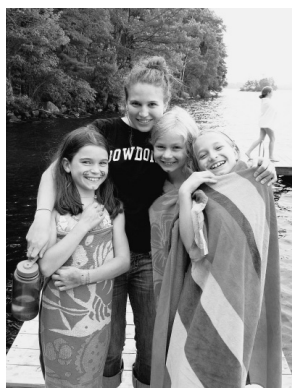
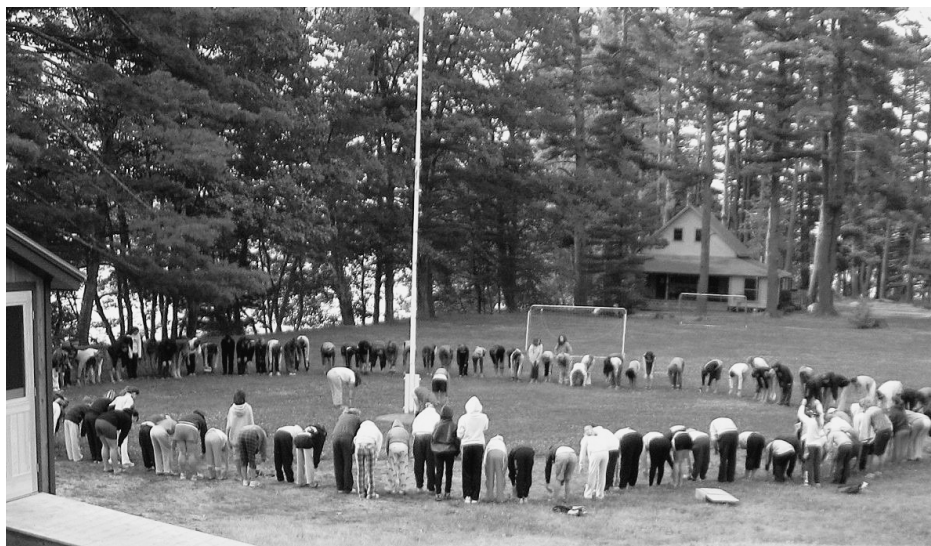












First Session G.O.D. Reports

June 26

Suse Wicks - Director

Our first day at camp, we were blessed with calm waters, blue skies and temperatures in the nineties. Wavus was beautiful! The ease of parent drop-off by boat, by plane, by bus, by automobile, was a great way to start welcoming our families to Wavus. The girls arrived with smiles, excitement, and a weighted anticipation of what lies ahead. Dressed in their purple shirts and warm smiles, the staff did an amazing job making others feel comfortable and at home. Most campers had the opportunity to jump into Damariscotta Lake, test the waters, and complete their swim tests. Our first meal together was at the picnic tables under the Sunscape. Immediately following supper, campers and staff headed up to their cabins to create a cabin contract. A cabin contract sets the guidelines for how we treat one another and how we take care of each other's space. At 8:15, the girls headed to council fire, where they sat with their cabins and gathered for the first time to honor each other at Wavus. Suse shared a peace story called "The Whale and Sandpiper", adding humor and comfort, as well as reaffirming the commitment of coming to Wavus as an intentional family.

June 27

Maris Wicks

We woke up to the sounds of the Wavus trombone wake-up call and were greeted with hot, hazy weather. With temperature in the 90s, we were all in slow motion: lots of water, shade, and sunscreen! The morning consisted of cabin photos, ending with one

giant all-camp photo out by the picnic tables. Lunch was tasty, especially when it ended with some refreshing watermelon. In the afternoon, campers chose their two activities: kayaking, canoeing, jewelry, yoga, giant paper fish-making, and puzzles to name a few. Then it was back to the cabins for some rest time before a delightful dinner of... SPAGHETTI AND MEATBALLS! Since it had been such a hot day, an evening activity of "Synchronized Swimming Water Skits" sounded like a great idea. Each cabin had to come up with their own song and dance to be performed in the lake. One by one, cabins Algonquin all the way through Iroquois wowed us with their incredible aquatic and vocal talents. After everyone had a chance to cool off in the lake, we lowered the flag and said "Good night, Wavus!"

June 29

Margie Gribbell

Today at Wavus, the air was muggy and sticky as the campers circled the flag. Margie Gribbell of Iroquois was Goddess of the Day, and raised the flag and led the camp in song. Breakfast was delicious, yet during the announcements a notice was received by the G.O.D. that a crime had been committed at Wavus: the murder of one, Mr. Body. The usual suspects were dragged out: Professor Plum, Miss Scarlet, Mrs. White, Mr. Green, Colonel Mustard and Mrs. Peacock. Unfortunately, after breakfast the thunder clapped and all were confined to their cabins. Though fortunately, it cleared up enough so that campers were able to attend second and third morning activity periods. Lunch was pizza and burritos, and each cabin had

to hum a bar of a pop tune to go up and get their meal. Announcements again were punctuated by the appearance of the suspects. Afternoon activities were unfortunately interrupted by another thunderstorm, though it cleared up as soon as it had appeared. After dinner, the girls went back to their cabins to get longs and longs or lots of bug spray. It was their turn to solve the crime at hand. With help from the CIA, and the FBI, but mostly themselves--they searched the campus thoroughly for clues and ultimately discovered that it was indeed Colonel Mustard in the dining hall with the Revolver. The weather had also cleared and the temperature cooled as we made our way down to flag.

July 1

Katie Glodowski

This morning the girls ambled into the lodge for a late breakfast. Some girls had side ponytails, braids, and buns. Others had teased hair that stood well above their heads. Contrary to what it might seem, the girls had not woken up on the wrong side of the bed; it was crazy hair day!! Everyone was sporting her Wavus t-shirt, and we were all extra-happy since we got to sleep in later than usual, in lieu of Sunday. The day started with an old Wavus tradition of homemade Wild Wavus Doughnuts rolled in a delicious cinnamon sugar mixture that all the girls loved! After breakfast, everyone headed to chapel where each cabin had prepared a poem or song to share with the rest of camp. After chapel, all the cabins gathered around the flagpole to raise the flags and start the day! Cabins dispersed and headed to their activities which included wood shop, archery, art, kayaking,

swimming and the adventure course to name a few. For dinner, everyone enjoyed hamburgers and hotdogs fresh off the grill. The evening activity was an egg drop! Cabins split into teams and very carefully built an egg "contraption" to protect their egg. After all the teams had finished building, everyone gathered outside below the balcony of Jewel Lodge. There was a 1, 2, 3 count off and one by one the eggs were dropped. Each was very carefully inspected by the judges and determined whether they were safe or broken. We had a fair share of both and all the girls had a blast. The day ended with everyone once again around the flagpole. The flags were lowered and everyone was wished a good night!

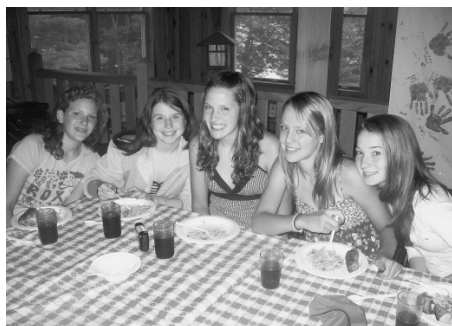
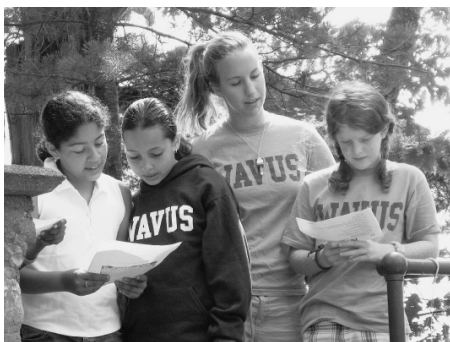
July 2

Parry Grimm

The Wild Women of Wavus awoke to a sunny, clear sky after taps on July 2nd. As we each made our way down to flag with our cabins, we could sense a wonderful spirit lingering throughout the crisp Maine morning air. Unsure of what to expect of a Monday, notoriously the most difficult and tiring day of the week, we continued on and were suddenly excited and amazed that this Monday held promise to be the best day of our lives. Beautiful neon signs hanging from the Jewell lodge exclaimed: Peace, Love, and Wavus! Myself and the lovely ladies of Cherokee announced the groovy theme of the day as we raised Old Glory and the Wavus flag in silence. Once the knots were tied, the Children of Cherokee presented two energetic chants, followed by a song by Kris Meade. The girls of Allagash chimed in with Tookie for the infamous Yogi Bear song as well. As the Goddess of

Hippie Day, I could sense a new kind of excitement in each of the campers as we entered the dining hall for hot cereal, blueberry muffins, and fresh fruit. The Iroquois girls and their counselors were especially energetic at breakfast yesterday, as it was their last full day of camp before departing for 100 miles of Wilderness. My entrance to the dining hall was greeted with the wonderful chimes of plates, cups, and cutlery clacking together and jumping around on the tables. These Wavus sounds were music to my ears as I called up a few counselors for a Beaver Duty singing contest. Sara Taylor, our Kiwi friend, did not know any hippie songs so she chose to sing "Baa Baa Black Sheep." Margaret, however, was sharing in the groove as she presented the reggae favorite "One Love" to the Wavus Women. Ms. Weather counseled the campers to show love to both the sun and the clouds today, and the campers were sent off with warm wishes for an out-of-this-world morning. Highlights of the morning included some fabulous skits at General Swim with Heather involving hippies cooking food, creative activities at both art and woodshop, and plenty of fun in the water with the aqua zip, funyaks, and canoes. The wind was surely blowing on Lake Damariscotta and the Cheyenne girls ended up having to swim their canoes from the point all the way back to the boat shed! The Wild Women of Wavus showed up hungry to an exciting lunch of mac-and-cheese, sandwiches, and the ever-delicious salad bar. In keeping with the theme of the day, the sounds of the sixties blared as we ate lunch under the Sunscape. Some silly junior counselors and I kept the hippies entertained by dancing to Van Morrison and the

Monkees. Clad in their tie-dye tees and bandanas, the Wavus Women jumped at the chance to try out some new afternoon activities. Sunbathing and Storytelling offered by Malory at the causeway was a popular pick; the classics; Art, Sailing, and Canoeing, were also packed. I took a kayak out with some of my fellow counselors to make big, secret plans for the evening activity. A quick rest before dinner provided everyone with some time to mellow out and dream about the evening to come. An energetic group of counselors sang as they served stuffed shells, peas and carrots, and chicken for supper. It finally became time to announce the evening activity: face painting, a huge dance party, and s'mores for dessert were each greeted with cheers by the Wavus population! Support from the masses made me a very happy hippie Goddess, and I quickly ran down to the Council Fire pit to set up the s'more station. The evening activity was a huge success. Each cabin danced alongside the other in harmony to melodious jams of both yesterday and today. The dance party was concluded by a huge "once more with passion" chant, so as the Goddess of the Day I chose to lead everyone in a choreographed dance to the old favorite "Ain't No Mountain High Enough". The Wild Women of Wavus sang, danced, ate gooey marshmallows, and covered their faces with peace signs and flowers. To top of a perfect day, we chanted "WAVUS, WAVUS, WAVUS" for about three minutes, then danced barefoot down to the flagpole field at approximately 8:30 (Wavus Late-Night!). I wished everyone a good night and thanked the hippies for participating in such a wonderful day. I couldn't have asked



for a better G.O.D. day myself, and I definitely sensed a change of heart in the campers by the end of the night. We were united, satisfied, and excited for the next day! As we tucked into our bunks, a cool breeze paused to listen in on the whispers of each cabin. Summer of love was in full bloom, and Wavus fell to sleep under the light of the full moon's glimmer on the lake.

July 3

Cassie Rodrigues

Wavus woke up and decided they were going to push the envelope of fashion. A trend starts because someone does something completely new, interesting, and other people want to try it too. During morning activities, campers were spotted with shirts on as pants, skirts on as shirts, shin guards on their arms and the timeless underwear on their heads. At lunchtime, campers cheered their counselors on in a 'walk-off', which featured some spectacular revivals of Lecoix's 'poof', and Native American inspired hair and makeup. In the afternoon, fashion went aquatic as campers staged a fashion show on the waterfront using foam noodles and lifesavers, but as the waves crested higher, everyone headed in to get ready for the REAL show. At dinnertime, after a spectacular performance from the Step dance group, campers tucked into pulled pork and scalloped potatoes, and then collected their supplies for their Fashion Challenge. Each cabin received two t-shirts and three rolls of duct tape, and had an hour to create a completely original outfit. The runway shone silver under the Sunscape as everyone poured over the hill from their cabins. As they say, a picture is worth a thousand words, but I will say there was some phenomenal

jewelry, purple duct-tape bags, silver flip flops, light-up heels, and lots and lots of attitude. Everyone had some fun with their clothes, tried some new styles, and used their imagination to create some wild and phenomenal new looks. Though it got pretty buggy as we lowered the flag, everyone went to bed feeling inspired and excited to dress for the next day.

July 4

Kris Meade

Independence Day! A favorite holiday among many of the campers and counselors, nearly everyone in camp sported clothes in the patriotic red, white, and blue colors. As it was a Wednesday, a 7:45 am flag raising was optional, allowing everyone in camp an extra half-hour or so to sleep in, with a "Lazy Breakfast" having no particular schedule. With so few cabins in camp today (only Algonquin, Cheyenne, Cherokee, and Osage), all the campers joined together to play field sports as one of the morning activities. At lunch, Maris continued the "Mystery Counselor" mealtime tradition, giving the first two clues about a certain counselor. Also announced at lunch was the planned evening activity – the Slip 'n' Slide!! Unfortunately, the weather could go either way, so a back-up plan was needed. After lunch, several Kieve boys came to visit Wavus and play some field sports with the girls. Some brothers and sisters were united, as was expected on the Fourth of July. The boys stayed for General-Swim, though it was getting fairly windy and chilly.

Throughout much of this time as well, Algonquin, Cheyenne, and Osage were preparing for their trips leaving on Thursday, while Cayuga and Omaha

were welcomed back for dinner, which was held inside the Jewell Lodge. The Mystery Counselor was correctly identified by the campers after hearing that (1) she had lived in Connecticut all her life, (2) she had never broken any bones, and (3) she wanted to work as a veterinarian. Yes, Eli D'Agosto was the Mystery Counselor. As it turned out, the weather was not ideal for the Slip 'n' Slide, so the back-up evening activity was used—a dance competition! Each cabin was randomly assigned a type of music to dance to and a personality or type of dance with which the piece was choreographed, including “ballet dancers” and “awkward middle-school students at a school dance.” Each cabin performed spectacularly, and the competition ended in the ever-popular “Wavus tie”. At the lowering of the flag, the circle was much tighter than usual, and all those present participated in a successful hand-squeeze around the circle, to end, in unity, a fabulous day.

July 5

Megan Lynch

Today was great! We started off the day with a late sleep-in and welcomed the new Junior Wavus campers at lunch. Since the theme of the day was “Wavus Day”, campers got to wear all of their awesome Wavus apparel! New JWs arrived all day with big smiles! The weather held up so that we got to do my planned evening activity; a water balloon toss! Everyone loved it and we had a blast. We closed the night with a council fire for the new JWs, and the roasting of marshmallows for the whole camp. Campers went to bed happy and ready to wake up for another exciting day of camp!



July 7

Rebecca Clarke

We started the morning early, missing flag and going straight to breakfast at 7.15am. The theme of princess day was introduced to all the cabins and they were each given a sheet to collect princess points during the day, which could be redeemed in the evening activity. We then piled onto buses and into Damariscotta for the Strawberry Shortcake Shuffle. We cheered home the 5km runners, including our own waterfront director, Heather. We watched the under 6's and cheered for Wavus in the 7-10 years and 11 up. Our cheering paid off in the 11 + age group - Wavus took out the top three places. Then, Strawberry Shortcake was enjoyed by all.

We were back in camp in time for a little “quiet” cabin time before lunch. At lunchtime a princess storybook was read to inspire us for the rest of the day.

The evening activity was the highlight of the day for many of the campers. We all had a go at making our own princess castles - out of cake. Frosting and exciting decorations could be bought using the princess points the cabins had accumulated during the day's activities. We had a very creative night with some amazing castles being built. Features included turrets, multi-layers, and even a drawbridge over a blue moat. The campers had a ball, although it took a bit to settle them down for bed!

July 8

Suse Wicks - Director

Sunday morning opened up with the sweet aroma of the yummy Wild Wavus Doughnuts along with a delicious breakfast of fresh fruit,

burritos, omelets, with hot or cold cereals. Chapel was held in doors, with 15 candles lit symbolizing all of our cabins here at camp and out on trips. Each cabin shared a reading or song, followed by testimonies of kindness, many thanks for loving support and triumphs by campers. Chapel concluded with "Amazing Grace."

Three cabins chose this reading....let's say it became the Chapel theme...

A smile costs nothing, but gives much.
It enriches those who receive,
Without making poorer those who give,
It takes but a moment,
But the memory of it sometimes lasts forever.

None is so rich and mighty
That she can get along without it.
And none is so poor but that she can be rich by it.

A smile creates happiness in the home,
Fosters goodwill in business
And is the countersign of friendship.
It brings rest to the weary, cheer to the discouraged,
Sunshine to the sad.

And it is nature's best antidote for trouble.
Yet it cannot be bought, begged,
borrowed or stolen

for it is something of no value to anyone
until it is given away.

Some people are too tired to give you
a smile.

Give them one of yours as none needs
a smile

So much as she who has more to give.
-Unknown

Cabins Kindness and Courage returned mid-day from their overnight at our Bremen property on beautiful Muscungus Bay. Due to the weather, their Snowgoose tour was rescheduled

this week for a sunny day! Guest-choreographer Grace Buckley is here for the week teaching us all awesome jazz and rhythm movements. I had the opportunity to dance with Kindness and Courage in our first dance lesson together...I think we are ready for Broadway. Grace will be offering dance classes through out the week, along with Wavus evening performances. Sailing, wood, pottery, ropes, art, archery, riflery were part of the day. Evening cookout dinner on our new stylish grill was deeeelicious. Cayuga Cabin boated over to the Jefferson Scoop to celebrate Alex Aliapoulos's birthday and 6 days of a clean cabin. They had a beautiful lake sunset ride! Mohawk caravanned to Jefferson Scoop to celebrate Ellie Maltby's birthday too; Alex and Ellie's cabins had a small birthday cake celebration earlier in the day. Evening activity was "Dance with Grace." Everyone participated except Cayuga and Mohawk; they were at the Jefferson Scoop enjoying the birthday treats. After dance moves and routines with Grace, each cabin performed their owned recital, a smashing success. Dance ended with a cool down to relax and stretch out the muscles. Wavus now has a dancing troupe! Please note that we are not ready to go on tour yet.

In a circle at flag, we all sang the evening closing song. Peace.

Wavusly Yours,
Suse

July 10

Megan Pelletier

Waking up to fog and drizzle is usually not much fun, but today there was something special to look forward to! Each cabin got to sleep in an extra fifteen precious minutes because it was Pajama Day! There



was no early morning preparation needed! As my cabin, Courage, rolled out of bed at 7:30, we got pumped for our first performance at flag. The day before, we had created and rehearsed (more time than a Broadway musical) our very special flag songs, which included: Baby Shark and the Shimi Song (created by the cabin thespians.) After each cabin participated in the 'repeat after me' songs and 'do as I do' movements, we headed inside Jewell for a warm breakfast of pancakes, blueberry crepes and sausage. After morning announcements, each cabin headed back to their homes to clean up and get organized for the day ahead. The weather report didn't look good, but we were going to make the best of the day regardless.

The morning rain stopped and all three activities were completed! Courage headed to riflery, Wavus Waves swimming, and then pottery. Because it was so cold, some of the girls decided to participate in the 'polar bear dip' at the waterfront. They jumped in the chilly lake water and jumped back out just as quickly. They all headed inside to grab a cup of hot chocolate to warm up!

Lunch was a blast. We had ham and cheese, tuna fish, and veggie sandwiches accompanied by hot soup and macaroni and cheese! The health care manager, Sara Buckley, who was offering a cooking class as an afternoon activity, gathered fresh vegetables and herbs from her garden and gave a quiz to the camp. All the cabins headed to rest period after lunch, and wrote letters home to family and friends and finished friendship bracelets that were started the night before during free time. At 2:30, the first afternoon activity was offered. There were so many

options! From cooking, polar bear challenge, ropes, art and yoga, each girl found something to do and enjoy. As the rain picked up, most of the activities moved inside Jewell Lodge, and board games and cards were played, along with more letter writing.

Dinner began at six p.m., and we were joined by special guests... KIEVE boys! Relatives and friends of some of the girls came to eat dinner which created extra energy in Jewell! We ate mashed potatoes, beef and veggies for dinner to warm us up a bit! There was a ton of extra energy in the room from the relaxed and rainy afternoon. I then announced the evening activity! We would be having a 'slumber party' and have eight stations filled with games and activities that you would play during a sleepover with your friends! These activities included: musical chairs, Chinese character drawing with our counselor from China, board games, nail painting, Twister, friendship bracelets, Wavus-style MASH and story time with popcorn and cookies! Each cabin spent ten minutes at each activity. The nail painting was especially popular with the girls, as was the Chinese character drawings with Ophelia.

The evening activity ended at 8:30 and we all headed down to flag. We said "goodnight" just as it got dark and headed for our cabins. My cabin, Courage, stayed in Jewell and set all of the tables for breakfast the next morning. We finished the night off with vanilla cake to celebrate our hard work and success in planning the best pajama day yet. As we walked back home, we passed the other cabins which all had their lights out already. All the campers were sound asleep by nine p.m. after a tiring but fun filled day in pajamas!

July 11

Sara Taylor

Today we gathered around the flag, ready for another action packed day at Wavus. The camp was greeted at the flag by a ray of blue as Cherokee cabin had dressed up in blue ready for Olympics Day. We started off the morning by singing a Cherokee cabin favorite: the 'Moose Song', followed by a more appropriate song for Olympics day - the national anthem, which some might say is a funny choice in songs for a kiwi (jargon for New Zealander) who had never heard it before. But the girls and staff all helped me out, and we managed to get through it in time for breakfast.

At breakfast, each cabin was given their color to wear for the day and come the first period, every color of the rainbow was represented throughout the camp. The afternoon greeted us with our friend the Sun, which we hadn't really seen for the last few days. Our afternoon activities consisted of the Aqua Zip at the Ropes course, Dance, Nature walking, and Sailing which, like all afternoon activities, were well enjoyed by all of the girls. After another 'yummy' dinner made for us by our amazing kitchen staff, we headed back to the cabins and prepared for our evening activity. The Evening Activity consisted of some fun relay races including an egg and spoon race, a three legged race where the girls got a little wet trying to fill their buckets with sponges of water. The last relay involved an obstacle course of hula hoops, dribbling the soccer ball and then throwing a water balloon into a bucket. We also had the chance to paint each of our hands and place them on a big banner that had the Olympic rings painted on it. Once this banner

has dried, it will find a home hanging somewhere on the wall in the Jewell Lodge.

We finished off the night by lowering the flag and passing the squeeze around the circle, before yesterday's G.O.D. wished us all a GOODNIGHT.

July 11

Tegan Mortimer

Wednesday morning saw Wavus Camps encased in a thick fog. Despite this, campers eagerly embraced French Day's theme, showing up to our lazy morning breakfast sporting drawn on moustaches and French colors, one camper even wore a black and white striped shirt and did a very good mime impression. At breakfast and throughout the day, campers learned the French names of many of the foods they were eating. After breakfast, we bid farewell to Cheyenne as they started their paddling trip to Fort Island.

The morning and afternoon saw campers enjoying a number of activities from archery to the aqua zip. Though the dark skies sent many counselors scurrying to check the latest weather reports, no activities had to be canceled and blue sky was even peeking through by dinner time.

After welcoming Omaha back from their Baxter State Park trip, we sat down in the Jewell Lodge for a very French meal of pasta and tomato sauce. The evening activity turned out to be a scavenger hunt for French speaking countries. Girls had to find fact sheets on 10 different countries ranging from France to Madagascar and write down one fact about each. After successfully locating many of these, we learned the French version of Taps and bid everyone "Bon Soir".

July 13

Vieve Leslie

My G.O.D. day began with campers waking up to sunny skies—a welcome change after several days of clouds and rain. At morning flag, girls were energized by “The Burrito Song” and a new rendition of “The Swimming Song” (renamed “The Hiking Song”) created by my cabin, Omaha, on their hugely successful Baxter State Park trip. There was no specific theme to the day but campers were encouraged to appreciate the normal daily in-camp routine as our session is now more than half over. Breakfast was tasty and Courage and Responsibility departed shortly after for their Snowgoose day. (It was later reported that the record for jumps into the ocean was set at 51 on this trip!) Morning activities had girls fun-yaking, swimming, making clay pots, and solving team challenges at the ropes course. Lunch of pizza and watermelon was followed by mail and rest hour (my personal favorite part of the day, which I had to miss because I was planning evening activity). The afternoon flew by as counselors led kids in games of kickball, and reading and writing letters home, and two island swims! Before I knew it, we were back at the sunscape for a delicious dinner of stuffed shells and eggplant parm—yum! My evening program was a never-been-done-before creative art history trivia activity. Each cabin was given the name of a famous artist, some paints, and 40 minutes to create a painting in the style of “their” artist. After 45 minutes, all the cabins brought their paintings down to Andrews Hall—which had been transformed into The Andrews Gallery and set up with cheese and crackers, and sparkling lemonade—for

the opening of “New Masterpieces Inspired by Old(er) Masters”. The cabins were given a chance to speak about their cabin’s painting, and give some hints about the famous artist who inspired their work, and the other campers were given a chance to guess the mystery artists. I was incredibly impressed with all the paintings. There were some amazing creations inspired by Warhol, O’Keefe, and Mondrian! The lake shimmered a warm silver and the loons called as we sang taps and lowered the flag on another full day of camp.

July 16

Wavus woke up to a beautiful day destined for fun in the sun. During the day, many activities were participated in, a lot of popsicles were eaten, and heaps of sunscreen applied. Algonquin ventured on the Snowgoose and Cherokee graced us with their presence, back from their trip to the White Mountains. A few games of basketball and soccer were played in the evening. The final game was real entertainment for the girls: watching an interesting basketball game between counselors!! I’d say by listening to the cheering, and seeing the girls’ glowing faces, it was a fun night enjoyed by all!

July 17

Leah Agren

With an 80’s theme, a Kieve invasion, and temperatures in the 80’s as well, Wavus Camp girls could not stop smiling, and neither could I. There was no shortage of scrunchies, beads, leggings and t-shirts cut off at the neck, all in bright colors. After the buzz of having our Kieve Brothers entertain us with skits, songs and orange painted bodies, the girls headed

back to their regular activities. As camp rolled into the evening hours, each cabin choreographed their own silly 80's work out video. There were even judges taking creativity, style and music into consideration. The girls, being thoroughly exhausted by this point, went to sleep easily in eager anticipation of what the next day at Wavus would hold for them!

July 19

Shelley Goulder

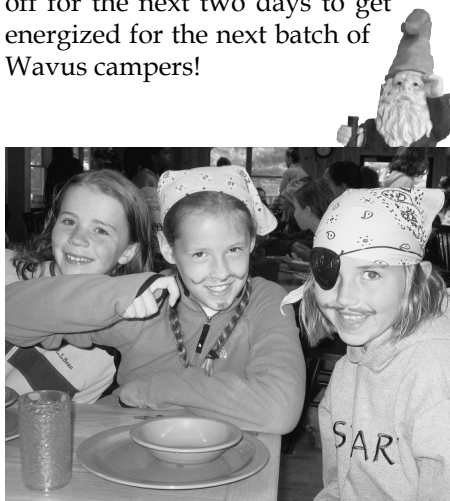
We woke up, after a good sleep-in, to delicious heaps of bacon and pancakes. After normal morning activities we had an intimate lunch because many cabins were offsite. Midway through our meal, the 100-mile wilderness Maine Trails trip returned. Covered in mud, blaring an air horn, and yelling (quite primal) they tore through the Jewell as we all watched speechless with surprise. It was quite an entrance! In the afternoon, the campers chose from a variety of activities including cooking (well making Muddy Buddies) and the newly popular acrobatics. At dinner we had several performances including an acrobatics demonstration and a counselor dance to the Banana Song to commemorate the return of one of last year's counselors. For Evening Activity, each cabin selected a fairytale and a style (mime, New Zealand accent, opera, etc) out of a hat and performed it for the rest of camp. Among the

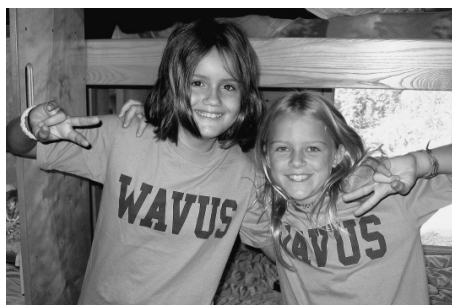
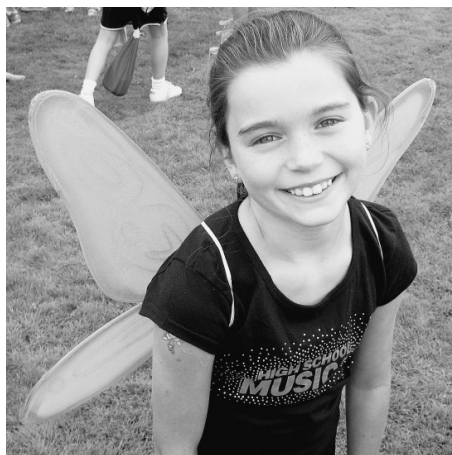


crowd favorites were The Three Little Pigs gangster style, the opera of Peter Pan, and the hippy Snow White and the Seven Dwarves. We lowered the flag and Omaha cabin shared an extra evening song with everyone.

July 21

Today was the last day of First Session here at Wavus Camps; the closing Council Fire from the night before was still fresh in our minds. The girls were busy packing up those last few sleeping bags, toothbrushes, and hiking boots, while the counselors and staff tidied the campus. Parents started to roll in around 9 am, and before long, the grounds of Wavus were filled with hugs and a few happy tears. We had our last Chapel service to recognize each and every cabin, as well as their accomplishments. Then, the girls and their families broke off into cabin groups, and were honored individually by their counselors. At noon, we enjoyed what would be our last meal together, and said our good byes to all the campers and their families. One last cleaning of the campus to prepare for Second Session, and then we were off for the next two days to get energized for the next batch of Wavus campers!





Second Session G.O.D. Reports

July 24

Parry Grimm

Energy was high at Wavus as the staff got ready to greet new campers for the second time this summer. Campers began to arrive around eleven, and by dinnertime, the buses arrived and everyone looked excited and ready to be at camp for the next three and a half weeks! Dinner began with some staff introductions, some cheering and chanting, and of course, a classic Wavus dance party. The kitchen staff prepared a lovely Italian meal for the hungry campers and staff, which included spaghetti, meatballs, and tons of garlic bread. After dinner, the entire camp headed down to council fire. It was a beautiful night, and the campers learned about the symbols on the Wavus totem. We also highlighted the importance of the values of Wavus: kindness, courage, respect, and responsibility. Suse told a very cool story about sharing the song inside of you with Wavus and Izzy helped end the story with a beautiful song. We all headed down to flag and said goodnight to our new friends. It was an amazing opening day and I was proud to be the G.O.D. Wavus is an awesome place and the day went perfectly.

July 25

Mary Anna Lynch

Yesterday morning we woke up to a beautiful first full day of camp at Wavus. It was cowgirl day!! The campers showed up to flag bright and early, all decked out in cowgirl attire. After flag, we went to "fuel the mule" and eat breakfast in Jewell. After breakfast, all the girls went back and

made sure their cabins were squeaky clean. Since it was the first day of camp, we had to take a big group picture. The whole camp came together and smiled really big for the camera. After the picture, lots of cabins beat the heat by going for a swim in the lake. For lunch, we had tacos and sandwiches. Later, all the campers went back to their cabins and rested up for the afternoon activities. My cabin, Obijway, went to pottery, played tennis, and had field sports. For supper, we enjoyed some delicious spaghetti. During evening program we had a big gold rush. The girls ran all over camp looking for gold but were interrupted by bandits and outlaws who stole their gold from them. In the end, the Ojibway cabin came out with the most gold for the night.

July 27

Malory Ferguson

Today, we woke up and went to flag raising just like normal, but when we arrived there, we realized that yesterday was anything but normal! We were being lead in our flag raising duties by Paris Hilton!! Our G.O.D., Malory Ferguson of Cherokee, had planned Diva Day!! We had special appearances by Lindsay Lohan, Nicole Ritchie and Kelly Clarkson throughout the day as well. We feasted on homemade pizza at lunch, headed off to our usual array of afternoon activities, and ended the night with our world famous cabin karaoke night!! Each cabin stood up and performed a song of their choice for the rest of camp, reading words that were projected in huge letters across a large screen. Wavus was privileged to learn all of the vocal talents of

our girls, and Diva Day was a huge success!! We all headed off to bed, happy with the day, and ready for the next one to start!

July 28

This weekend, Wavus Alumni celebrated the camp's 85th reunion! Friday started off with dinner and a slideshow under the tents, followed by a shared council fire with alumni and campers. Saturday was filled with various activities, including the Sea Slugs Contra Dance and the presentation of the prestigious Beaver Award, awarded to Pris Watson. Sunday ended with a chapel service and a large barbecue. It sure was an exciting weekend for the Wavus staff, campers, and most definitely the Wavus alumni!

July 29

Yesterday, the Wavus girls woke up to yet another day of beautiful sunny Maine weather. We strolled into Jewell for a late breakfast of homemade Wild Wavus doughnuts and immediately the day was off to a great start! Alumni weekend ended yesterday, so we bid our Wavus alumni good-bye, and threw ourselves into our daily activities, as usual. For evening program we had a special treat: Iron Chef!! Each cabin created an original dish including a secret ingredient of pineapple. Judges then tasted the creation and commented on it to the group. All in all, the meals were masterpieces and the girls went to sleep with full stomachs, big smiles, and ready for the next day to start!

July 31

Margaret Chapin

Yesterday dawned bright and sunny; Ms. Weather's sheep, "the little lamb,"

told us about the weather conditions for the day, and we all geared up for a hot day with a lovely breeze. We had a rowdy flag raising, including another round of the ever-popular Hippo Song! The theme for the day was fairy tales, so everyone was encouraged to dress in ridiculous outfits and the moose population at Wavus seemed to triple in a very short time. The Crib was the most popular area all day, with a double swim period for all cabins. We said "goodbye" to Iroquois in the morning as they set off for their 100-mile hike! Cayuga also left for their overnight on Damariscotta Lake. The activities throughout the day were all full of energy and the Wavus energy buzz was going all day long! The day finished with fairy-tale skits on the archery field, and all cabins still at Wavus did an amazing job at planting beans (Jack and the Beanstalk); cooking witches (Hansel and Gretel); talking horses (Rapunzel); and frogs on pillows (the Frog Prince). We all finished the day satisfied by our theatre prowess and certainly ready for bed!!

August 1

Katie Stone

Today, we all woke up with big smiles on our faces and a positive attitude! It was Positive Day! We went through flag-raising and breakfast just like usual, and then discovered a twist! We all received three clothespins to carry around throughout the day. If we heard someone say something negative, we would get one of their clothespins. We used that trick to keep the day extra positive and happy! Afternoon activities happened as usual, and then for evening program we had Make Your Own Ice Cream Sundaes... with a hitch. Whichever cabin earned

the most clothespins throughout the day won the privilege to get their ice cream first. The cabin who won the most positive points was...Osage!! Everyone had an extra fun time at the Evening Activity, creating their favorite ice cream creation, then we headed off to flag, and went to bed with full stomachs and a big positive smile!

August 2

Tookie Bright – JW Director

Yesterday, all of Wavus camp woke up with energy because it was the Opening Day for the Junior Wavus girls! During the day, many of the cabins were out on trips, but the ones that were here welcomed the JW girls to camp! After the girls had arrived, they spent some time with their counselors and their cabin mates, and then joined right into activities. Pizza was served for a welcome dinner, along with a fun evening activity specially designed for the Opening Day. Each cabin was to perform a skit, in water, to represent the name of their cabin. Each cabin jumped excitedly into the water and prepared their skits. There were skits ranging from cheers and water dances, to actual acted out plays. Each cabin prepared something special and unique for their own name. After evening activity, the girls headed back to their cabins to spend time with their counselors and get to know the other girls, as well as to draw up their cabin contract. The girls had a full and fun first day, and went to sleep ready for their first entire day at Wavus Camp for Girls!

August 5

Kris Meade

Sunday dawned bright and early over Wavus. Despite a chilly start to

the day, we enjoyed a relaxing chapel service. At lunch, it magically became bathing garb day, where campers were encouraged to wear anything and everything they would to go into the water. After a delicious lunch and a restful rest hour, cabins traveled with each other to activities including sock puppet making, island swim, wilderness cooking and archery. Dinner soon followed and before we all knew it, it was time for the main attraction - Slip'N'Slide! With the help of a pool cover, hoses, and one big bottle of dish soap, girls slipped and slid down the drumlin hill. After a quick rinse off in the lake, it was time for bed. Only two words could describe the majesty of this day - totally tubular!

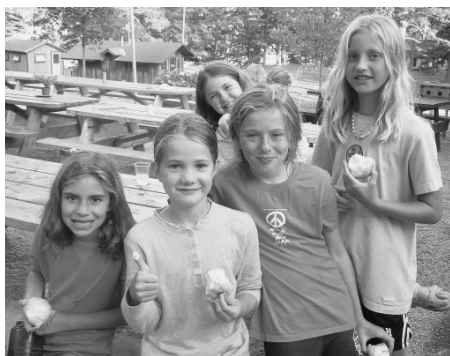
August 6

Today the Wavus campers woke up with a smile... it was Superhero Day!! Everyone in camp dressed up as their favorite superhero, or made up a new one! The weather was pretty gray and rainy, but we all made the best of it with our wonderful outfits and special powers! We started off the day with a SUPER breakfast of cinnamon buns and fresh fruit! After a day full of activities, we had a wonderful turkey dinner. We all gathered around the fireplace and roasted marshmallows and made s'mores for our evening activity!

August 8

Rebecca Clarke

The last precipitation was dripping from the trees as the campers awoke and welcomed in Kiwiana Day. In support of the All Blacks (New Zealand's rugby team) we all wore our best black outfits. At flag we learned a couple of new songs, which Respect and Responsibility had been diligently



practicing on their Bremen trip. We sung Cuddly Koalas, an Australian song, and "She Sat on Her Hammock". At breakfast, we learned our first maori word, Kia Ora (hi).

After breakfast, we cleaned our cabins and ventured out to morning activities. After lunch, Kindness and Courage joined us from their trip to Bremen. There were many exciting afternoon activities offered, including tie-dying, sailing on the big sailboat, and the ever popular Aqua Zip.

Evening Activity was a New Zealand scavenger hunt; cabins were given 10 questions about New Zealand, ranging from "what is the population?" and "who is prime minister?" to "how many sheep are there in New Zealand?". In order to find the answers, they had to look on the back of New Zealand flags hidden around camp, while avoiding the Australian flags. The first group that finished were back in just under half an hour, and had the honour of ringing the bell when time was up. We quickly went over our answers, then took down the flag. Respect cabin had the pleasure of setting the tables for breakfast the next day. After their task was finished, they sampled pineapple lumps, brought all the way over here from New Zealand. The campers were impressed and placed their orders for more!

August 8

Hilary Burt



Today, all of Wavus woke up in an extra cheerful mood. It was Harry Potter day!! Throughout the day there were different people dressed up as characters out of the famous book series. For lunch, we had a warm meal of sloppy-joes and grilled cheese since the air was a little chilly and wet.

Afternoon activities were mostly done inside because of the weather, but thankfully, the sun started to shine later on in the day. Dinner was a very special Harry Potter-themed event; girls were divided into "houses" and sat at a candlelit table. After dinner, the campers gathered for another Harry Potter event: evening program was "Escape from Azkaban" and "Quidditch". The girls had fun running around like characters out of a Harry Potter book, and went to sleep ready for whatever the next day had in store for them!

August 9

Kris Meade

The ninth of August began as a brisk day, with the coldest morning of the summer yet. As Goddess of the Day, I opted not to pick a theme, for there were so few cabins in camp during the day, only Algonquin, Respect, and Responsibility were in camp to participate. As a result, many of the Afternoon Activities only had three or four campers, allowing for a more personal experience (and I even got to go on the Aqua Zip for the first time!). At dinner, it was announced that today would be Joey's last day (Joey is one of our beloved kitchen staff members), so the campers present sang the traditional song, "We love you Joey, oh yes we do..." for when a camp member leaves early. Shortly following the Jell-o dessert, I announced the Evening Activity – Dance Party! The girls had instructions to wear their best, whether that meant skirts and dresses or underwear on their heads or anything in between. Despite some minor technical difficulties, we had a fabulous dance party, which included a limbo line, learning the Electric Slide

and Cotton-Eyed Joe, dancing to the Village People's YMCA and hits from Grease and other oldies, dancing on tables, line dancing, break dancing...It was a party for everyone, and it can truly be said that a good time was had by all.

August 10

Tegan Mortimer

Friday morning was bright and clear as campers celebrated French Day. After a truly international sharing of songs at flag, we had a hearty breakfast before heading to our morning activities. Throughout the day, the weather stayed sunny and campers enjoyed a diverse set of activities from knitting to sailing and learning French. A group of campers even learned and shared the Wavus Prayer in French before our Friday night pizza dinner. The Evening Activity was a scavenger hunt for French speaking countries, after which the Junior Wavus campers headed to their last council fire of the session. I hope that everyone enjoyed and hopefully learned something new. *Merci pour tous!*

August 13

Wavus awoke with the holiday spirit... it was Halloween!! Throughout the day, you could spot costumes ranging from fairy princesses to gypsies to the standard fall back of 80's garb. Lunch was a lively event with fun music playing through the windows. Afternoon activities went on, as usual, leading into an awesome spread for dinner. On offer were: a garlic pasta dish, three different kinds of chicken, vegetables and fresh bread and butter! After dinner, the girls were told to put on their best costumes and meet back

at Jewell Lodge. After returning, the girls were told they would be trick or treating for their Evening Activity!! The girls went from house-to-house asking for candy in costumes. After trick or treating, we lowered flag, and then headed off to bed after a long, fun-filled day!

August 14

Anna Titcomb

Tuesday morning dawned over the most grooviest day at Wavus, the return of the fabled WavStock '07. After a rousing sing of "Kumbaya" at flag and a selection of "This Land is Your Land" on the guitar by Alice Bennett, we learned about The Man, how he keeps us free-flying folk down everyday, and the ways in which we could learn to fight back. This heavy rap session had the Flower Children hungry, and we adjourned to a delicious breakfast of cinnamon buns and a rocking playlist, where Cabin Mohawk won the award for Best Dressed alongside with my undying love. At breakfast, a surprise was announced – the Beautiful People were traveling to Kieve for lunch to visit our Lake Brothers! Right on. The girls spent the morning doing regular activities, painting peace signs on every inch of their bodies and rehearsing skits to perform. After the older girls got a headstart to paddle the four miles there, the younger cabins caught rides on the Lund motorboats. Once at Kieve, the girls laid a very un-hippie trap for the boys, ambushing them out of the woods – hip chicks, you blew some Kieve boy minds! It was agreed that Wavus food was way better at lunch, and the girls performed some awesome skits. After catching up with brothers, cousins and friends, it was time for us free-flying Freaks to return home



to WavStock. During the afternoon, we mellowed out and grooved, doing swimming, woodshop, ice-cream runs, or ropes until dinner. After dinner, we joined back together to play a little game called "Hippies and Squares", ripping off "Sharks and Minnows". Thoroughly tired out by a long day, the Beautiful People gathered around the flagpole and bid adieu to our celebration of the Summer of Love.

August 16

Belin McGehee

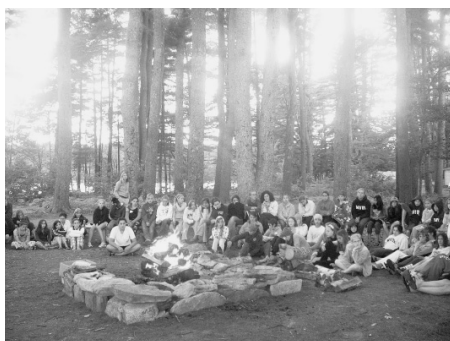
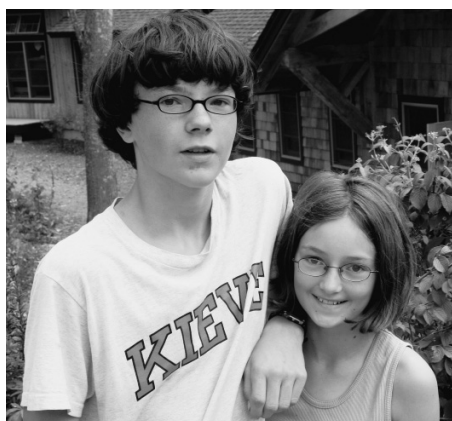
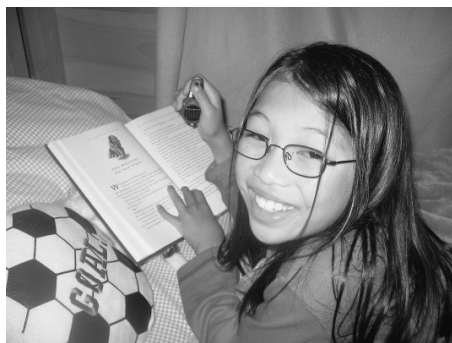
We woke up to another glorious day on Lake Damariscotta. After a breakfast of bagels, cream cheese and fruit, the campers were ready to start one of their last days of camp. Some cabins stayed at camp and did normal activities while other cabins hit the beach. Afternoon activities ranged from the Giant Swing on the ropes course to kayaking. Dinner was extra special last night: Jewellia's! Campers and counselors got dressed in their best camp attire and attended an Italian dinner in the Jewell. Mozzarella sticks were served for appetizers and the main meal was spaghetti and meatballs. The dinner was finished off with sorbet for dessert. After dinner, all of Wavus hopped onto school buses and journeyed over to Kieve to watch the end of session fireworks. After an evening of excitement, the girls returned to camp wiped out and ready for bed.

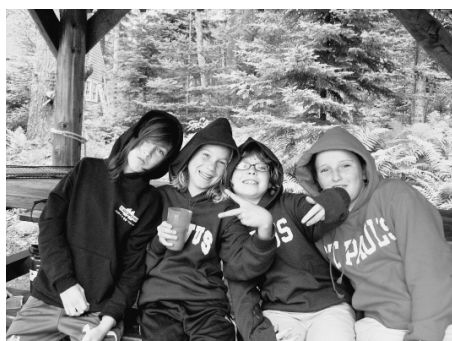
August 18

Today marked not only the last day of Second Session, but also the last day of our entire 2007 summer season. Again, campers, as well as counselors, packed up every last little bit of their belongings in anticipation of returning to their non-Wavus homes. Parents,

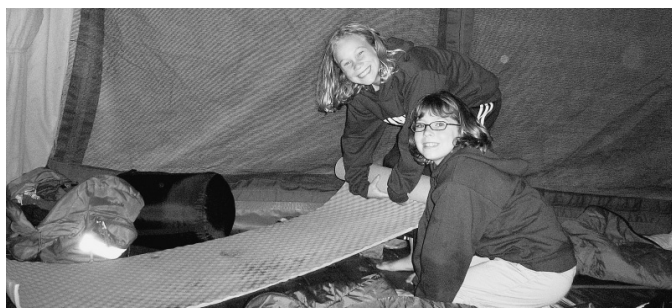
grandparents, and siblings were met with lots of hugs as campers reunited with their families. Chapel in the Pines was filled with the sounds of Wavus, along with a couple hundred people, as we honored each cabin for their achievements. Barbeque lunch was enjoyed out underneath the Sunscape, and after that, we all began our many good-byes. As soon as all the campers and their families had departed, we set out on our campus-wide clean up. Wavus was so quiet; we couldn't help but feel that something was missing. I guess we'll just have to wait 9 months until Wavus is alive with the buzz of campers! Until next summer...











Trip Logs - Session 1

Junior Wavus Courage Cabin

HBC: Megan Pelletier

JC: Valeria Domingez



Bremen Trip 7/7-7/8

Courage Cabin awoke bright and early to embark on their journey to Bremen, accompanied by fellow Cabin Kindness. Sleeping bags, coolers, backpacks, campers, and counselors were loaded into the white Wavus van, and then we set off for the coast. Upon our arrival, we set up our sleeping bags and backpacks in the tents. Now we had the whole afternoon to explore the area. Most of the girls spent the rest of the day down by the water collecting shells and pebbles, and catching the occasional crab. Later, the counselors started to put dinner together. As soon as dinner was ready, both cabins Courage and Kindness sprinted up from the beach to enjoy a lovely meal of BBQ-ed hamburgers and hot dogs. The girls worked together to help build the fire, eagerly anticipating the camping delicacy known as “s’ mores”. Needless to say, this treat was had by all (sometimes more than once!). As the fire died down, the girls grew tired and soon headed for their tent for a night of rest.

Courage Cabin was up at the first light, and ready for breakfast. This was a good thing, since later that morning they would be heading out on the Snowgoose III. The girls packed up their gear and sleeping bags while the counselors got the morning meal ready. After filling their bellies, we packed up the van with everything except our swimsuits and lunches; it was now time to board the Snowgoose! We were introduced to Captain Mike, and then

headed on down the dock to the boat. Our day was filled with sightings of seals, lobsters, osprey, and eagles, not to mention our experiences of feeling just how cold the Atlantic Ocean is. Some of the girls were even brave enough to take the plunge all the way from the top of the boat!

We returned to Bremen extra-tired (from all the excitement), but extra-happy, too! We said good-bye to the tents and the Snowgoose and headed for our last stop on the trip: Round Top Ice Cream. An awesome ending to an awesome day!

Junior Wavus Kindness Cabin

HBC: Carla Garcia

JC: Katie Rifenburg

Bremen Trip 7/7-7/8

Kindness Cabin awoke bright and early to embark on their journey to Bremen. Sleeping bags, coolers, backpacks, campers, and counselors were loaded into the white Wavus van, and set off for the coast. Upon our arrival, we set up our sleeping bags and backpacks in the tents. Now we had the whole afternoon to explore the area. Bremen has a little area of pebbled beach, which is great to look for crabs, periwinkles, and seaweed, and also kayaks that you can take out to get a different look at the coast. Most of the girls spent the rest of the day down by the water, with a few hanging out back at the campsite playing games. Later, the counselors started to put dinner together. While they were doing this, the girls set out to find kindling for what would later be their campfire. Soon dinner was ready, and Kindness Cabin enjoyed a lovely meal of BBQ-ed

hamburgers and hot dogs. They then put all of the sticks they had collected together to help build the fire (saving long ones for marshmallow roasting). S'mores were had by all; each camper shared their special technique for roasting the perfect marshmallow. After all that sugar, the girls retired to the tents, excited for their first Wavus camping experience.

Kindness Cabin woke bright and early (again), and chatted in their tents for a while. Then, breakfast became a necessity, so the counselors started putting together some warm treats for the girls. While breakfast was cooking, the girls once again ventured down to the shore to check for more saltwater inhabitants. After filling their bellies, everyone packed up their sleeping bags and backpacks and loaded back into the vans to return to Wavus (but not until we had stopped for ice cream!).

Junior Wavus Respect Cabin

HBC: Ophelia Lu

JC: Jenny Amsden

7/8-7/9

Respect's trip to Bremen is a perfect example of how much fun we had this summer! When we first got to the ocean front property, we set up our tents and ate lunch. After a tasty meal, a bunch of us went out on the ocean in the funyaks. We paddled out to one of the islands and got out to explore the shoreline. Then we paddled out even further to another island. Both were cool, except the second island was kind of smelly so we decided to not stay as long at that one. We paddled back to our campsite with the sun going down behind us and pulled up the funyaks so the tide would not take them away. While one group was paddling the

other group was out in town getting ice cream and candy! This was a great treat and everyone got to go at some point. They all came back on sugar highs! Everyone played different games with each other while dinner was getting ready and then we all ate together. After dinner, we picked up our mess then found a bunch of sticks for roasting marshmallows! We all had s'mores and hot chocolate before bed- a special end to a special day!

Junior Wavus Responsibility Cabin

HBC: Shelley Goulder

JC: Anna Geismar

Bremen Trip 7/8-7/9

Responsibility Cabin awoke bright and early to embark on their journey to Bremen with fellow cabin Respect. We double-checked to make sure that everyone had their swimsuits, towels, sunscreen (not to mention sleeping bags, backpacks, and coolers), and set off in the white Wavus vans to Bremen. Once at Bremen, the girls unpacked their sleeping bags and got settled in the tents. Since there was a bit of time before dinner, everyone had the opportunity to check out the shore (to look for coastal critters) or hop in a funyak to go further down the coast. While the campers and counselors were enjoying the scenery, the remaining counselors started to put dinner together. As soon as dinner was ready, the girls came running up from the shore to enjoy a lovely meal of BBQ-ed hamburgers and hot dogs. After dinner, the two cabins had a roaring campfire, complete with camp songs and s'mores. We slowly grew tired from the busy day, and decided to head back to the tents for some rest.

In the morning, there was still time

to funyak and hang out on the shore, so after breakfast, that's what we did. When it was time to return to Wavus, we packed up our gear, made sure the campsite was clean, and then headed north to Round Top Ice Cream, and then to camp.



Algonquin Cabin

HBC: Katie Glodowski

JC: Megan Lynch

Bremen Landing 7/6-7/7

Day 1

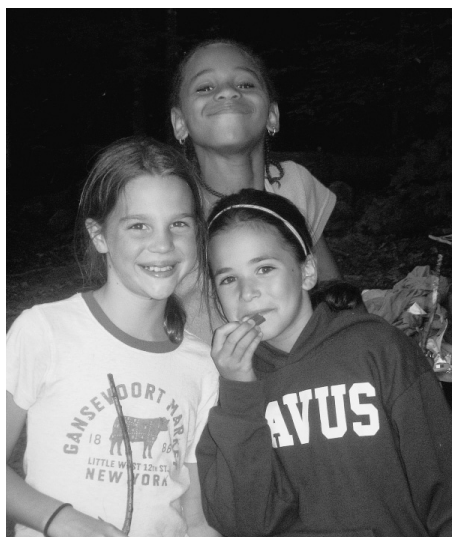
This trip was a first for many of the girls in the cabin. Being the first camping trip, everyone was very excited and eager to go. Our cabin headed out in one of the giant 15 passenger vans and all the girls were super excited to listen to the radio and “cool” music. We arrived at Bremen in the early afternoon and dumped all our gear and bags under one of the tarps. We then piled back in the van and headed to the Rachel Carson Tidal Pool about 20 minutes away. We wound around the coast and had great views of the ocean and lobster boats along the way. We pulled over on the side of the road and walked down some stone steps onto the sand. All the girls rolled up their pants and put on their water shoes so they could wade in the tidal pool. We picked up many crabs and other sea urchins that were fun to look at, and were especially careful to place them back where we found them, practicing our Leave No Trace (LNT) philosophy. Since it was low tide, we ventured out on the rocks and climbed around for a while, making our way out to the edge so we could see the waves crashing on the rocks. After we made it back to the van, we headed once more for Bremen. As soon as we stepped out of the van, it started to rain. Luckily, the tents were already set up for us and we all ran to take cover and play card games. Later that evening when the rain had stopped, we made a fire using as much birch bark as we could find and roasted marshmallows! Everyone was extra excited when we

took out the supplies to make s’mores! We definitely had our sugar fix and then everyone went and brushed their teeth for bed. The fire was still glowing so we gathered everyone around the picnic table and read a few goodnight books. All the girls then headed to their tents and tried to go to bed, although all the scary story telling in the tents made it kind of hard, but what’s a camping trip without scary stories?

Day 2

Megan and I awoke at 5 am in the morning to loud shouting. We had to leave our cozy tent to remind the girls that it was still quiet time. Days after when we were back at Wavus the girls made it a point not to see “scary Katie”, and were very quiet in the mornings from then on. After breakfast we played a little tether ball and some more card games, UNO being the most popular. The sky finally cleared enough for us to walk down to the shore and about half the girls even ventured to go in the freezing ocean water. There were lots of shrieks and laughter as the girls swam out to the dock and then hurried back to grab a warm towel. It was then time to pack up our site and head back to camp. On our way back to Wavus we made a very important and much needed pit stop at Round Top, where you can find some of the best ice cream in Maine. The girls all enjoyed the treat and we then forged on to Wavus. We returned happy and excited to tell the other girls at camp about our camping trip. We truly had a blast and it wouldn’t have been the same without each and every camper we had there.





Bradbury Mountain

Day 1

We got to Bradbury Mountain State Park around 11:30 am and placed all of our bags at the picnic table at our reserved campsite. We then picked out places for the four tents we brought, and helped the campers set up each one. For most of the campers, it was their first time setting up their own tents so it was a learning experience for all of them. At first the tents were slightly deformed and misshapen but they all came together and were set up properly in the end. After each camper got their gear set up in their cozy tents with their tent-mates, we all gathered around the picnic table to make sandwiches with delicious ham, turkey, Swiss, and American cheese. Each girl got to make her own tasty sandwich. Once we were all delightfully full, it was time to go on our one-mile hike to the top of the summit. We filled our water bottles, divided into two groups of six, and hiked our way up to the top, where we spent an hour gazing out at the beautiful view. Campers had fun lying in the sun and just relaxing after our hike. After we all had a good rest, it was time to hike back down the trail and to our tents for dinner. As a snack before dinner we made camping brownies and put them on graham crackers, a tasty treat! Katie and I then made Gado Gado for dinner, a fun pasta dish made with peanut butter and lots of other spices. The campers all loved it and wanted seconds. After dinner we made a huge fire, made s'mores, told stories, and had a lot of cabin bonding. Soon after dark, it was time to get our rest and we headed to bed, only to be woken up at 1:30 am by a very strange-sounding animal making a loud crying noise. It was a little bit frightening at the time,

but a great story to tell afterward. To this day, we still do not know what was making the noise but we think it was some kind of bird. Nonetheless, we got our rest and woke up bright and early.

Day 2

The next morning our plan for chocolate chip pancakes somehow failed, and they ended up all sticking to the bottom of the pan. So instead we had tons of Pop tarts and bagels for breakfast. We then packed our belongings, took down our tents, and were on our way at about 10:30am. Since we were so close to Freeport, and we felt bad about our pancake mishap, we decided to make a pit stop at McDonalds for extra breakfast treats. We also took the girls to the huge L.L. Bean outlet stores, to see the fish and stuffed wild creatures, and get a picture with the giant boot. We also got our picture taken with the L.L. Bean bear! After our stop it was time to get going back to Wavus, where on the ride home most of the kids fell asleep in the cozy van. We surprised the kids when we stopped at Jefferson Scoop to get ice cream right before going back to Wavus; its funny how fast kids wake up when they hear the words "ice cream". All in all, our trip was a blast, and I think everyone got a chance to get even closer as a cabin, which made for an amazing experience and tons of great memories.



Mohawk Cabin

HBC: Katie Stone

JC: Kate Marshall

Trip Assistant: Tegan Mortimer

Camden Hills 07/04 - 07/05

We left camp early on the Fourth and enjoyed the short drive to Camden by singing along to the radio for most of the trip. After arriving at the campground, we unloaded the vans and set up camp. The girls had practiced setting up the tents the day before so they were practically old pros. After enjoying a lunch of sandwiches and apples as well as a sweeping view of West Penobscot Bay, we went for a short walk on the rocky beach below the campground where we collected numerous shells and pieces of coral. We then drove up the coast to the Lincolnville beach where the girls enjoyed playing in the sand and spending time together away from camp. We then headed back to camp to cook our dinner of hamburgers and hot dogs over a fire, followed by perfectly toasted s'mores. We wound the night down telling embarrassing stories around the campfire, where each camper (and counselor) shared a story. Having made plans to climb Mount Battie the following day, we climbed into our sleeping bags for our first night away from camp. Unfortunately the night brought heavy rain and fog so the following morning we had a hot breakfast under the campground pavilion, quickly packed up our tents (quite difficult as everything was wet) and headed back to camp. Despite



not being able to complete the hike, the girls enjoyed their trip immensely and looked forward to our visit to Acadia.

Acadia 07/13 – 07/15

Day 1

The journey to Acadia National Park was very similar to Camden Hills, as how the girls spent the majority of their time singing. After three hours of driving, we arrived at the Seawall Campground on the southern edge of Mount Desert Island. We quickly set up our tents and had peanut butter sandwiches for lunch. A number of girls had been to Acadia on numerous occasions so they helped plan the hikes for the trip. We decided to hike Flying Mountain for our first afternoon. We made it to the summit very quickly, but a misstep on the way down caused one of the girls to hurt her ankle, therefore the journey down the mountain was taken at a much more leisurely pace. We spent half an hour on a beach near the base of the mountain where the girls enjoyed cooling down in the water and resting. We returned to our campsite to cook a supper of pasta and stir fried vegetables, and yet another dessert of s'mores.

Day 2

We woke up bright and early our second day at Acadia and got ready for the day with some blueberry pancakes. The hike for the day - Acadia Mountain - was decided upon after our previous success with Flying Mountain. We packed lunches and hit the trail at about 9:30 in the morning. We made the summit at about 10:15, where we stopped and rested, ate apples and other snacks and enjoyed the beautiful views of the island and ocean. We started back down the mountain, winding around the terrain going down many steep and rocky places before we finally reached a fire road that brought us back to van. We

crossed the road to Echo Lake Ledges for a filling lunch and a swim in the cool clear waters of Echo Lake. It was decided that we would spend the rest of the afternoon at the beach. After swimming and sunbathing, we headed back to the campground. A few girls went on a walk to the natural seawall nearby while the rest helped to build a fire to cook hamburgers for dinner. By this time, a mist was moving in from the ocean making it much cooler than the night before. Dessert was scrambled brownies that were enjoyed as the girls played field games on the small field across the road from our campsite. We



ended another night sitting around the campsite singing songs and sharing laughs.

Day 3

The mist from the night before had turned into a fog, so our plans for a hike on our last day at Acadia changed. Having a friendship bracelet session followed by a leisurely breakfast, we packing up camp we drove down the Bass Harbour Light. All the girls were tired and with the fog, there were few choices for activities so we decided to start making our way back to Wavus. The girls generally slept for the first part of the trip but were much more energetic after having stopped for lunch. We arrived back at camp tired but proud, having completed our big trip as well as reaching Acadia's summit, the highlight of the trip for many of the girls.



Cheyenne Cabin

HBC: Mary Anna Lynch

JC: Kris Meade

Trip Assistant: Cassie Rodrigues

Camden Hills 7/5-7/6

Day 1

By the time July 5th came around, the girls of Cheyenne were ready for their first trip—and what better place than Camden Hills! After setting up our campsite, we set out to climb Mt. Megunticook. It was cool and damp on the trail, allowing for a pleasant temperature during the hike. At the summit, the fog was just clearing up, and the girls were all able to have a beautiful view of the harbor down below. On the way back down, we stopped nearby a stream to take pictures, while some of the girls answered Mother Nature's calls. Back at the campsite, we learned how to play lots of cabin games, including "Zip, Zap, Zoey", a favorite among the girls. A group of girls prepared a wonderful dinner of trail Mac 'n' Cheese, while the others were off in search of dry sticks, which were hard to come by, due to the rain earlier. Everyone enjoyed s'mores at the end of the day in front of a warm campfire.

Day 2

The girls clearly weren't tired out from the hike the day before, seeing as they were awake and out of their tents before 7am! A breakfast of pancakes was cooked, with slightly scarce hot chocolate packets alongside. The girls found stray water bottles and fleeces after taking down the tents, and then came the time to bid farewell to our first campsite as a cabin. We went up to the top of Mt. Battie, climbing the tiny tower at the top to have better access

to the beautiful view. Some snacks were consumed at the summit to stave off our appetites, but fortunately we were back at Wavus in time for lunch. After cleaning out the trip equipment, everyone was rewarded by a trip to Round Top Ice Cream!

Fort Island 7/11-7/14

Day 1

According to the tide chart, the tide would not be coming in until around 3pm, so the Cheyenne Shenanigans, with Katie Moulton, didn't leave camp until nearly noon. We stopped by the Darling Marine Center, which was a place we would visit on our second day. Unfortunately, when we went out on the dock, we realized that the visibility was extremely poor, and we could only see about twenty feet out from the dock—scary! However, we headed back to the bus and decided we would choose what to do when we arrived at the Gut, where we were to launch. However, due to the increasing thickness of the fog, we made a decision to move the launch site closer to Fort Island, at the home of Dennis, a friend of KieveWavus. Still nervous about the fog, we unloaded the canoes and brought the gear down to the private dock. We decided it would be best for Katie and Dennis to follow in a speedboat until we could see Fort Island. Once we arrived, we set up camp and planned to start dinner immediately, but somehow the matches and lighter had been left behind, so their was a slight dilemma. Two of the counselors (Mary Anna and Kris) decided to try to paddle back to Dennis's dock to ask for matches, but these plans fell through once we realized the canoe was actually moving backwards while we were paddling

hard against the wind, trying to move forwards...yikes! Nonetheless, we made it back safely, though sans matches, and we all had wonderful peanut butter and jelly or turkey and cheese sandwiches and wraps. By this time, everyone was exhausted, so we settled in early for a good night's sleep.

Day 2

This morning we had to wake up early to get to the Darling Marine Center, for the tides would work against us no matter what time we would head off, so after a quick breakfast of bagels, we set out, bringing our stove and ingredients from the dinner we should have had the night before. It took three hours to canoe from Fort Island to the marine biology center, paddling against strong winds and the tide, but eventually we made it, having kept as close to the shoreline as possible. The DMC was quite a treat for the girls, as the day's program involved a touch tank and looking at tiny marine animals under a microscope. Since we borrowed a lighter, the girls also enjoyed a delicious pasta and sauce lunch, and practiced their "swish and swallow" techniques to be "hardcore like Katie Moulton". The trip back was similar to the trip over, though the winds were a bit stronger yet still going against us. In some areas the paddlers all had a really tough time getting through, and in the end, we had to paddle three hours back to Fort Island. We made a fire and started putting in potatoes wrapped in aluminum foil. Baked potatoes with cheese served for a very filling dinner, and once again, we were all exhausted and went to bed directly after dinner.



Day 3

Cassie made a scrumptious apple crumble for breakfast, and then it was time to pack up camp. After the final cleaning, we still had to wait for the tide to come in all the way, so had some quality time together to take pictures, sunbathe, swim and skip rocks in the cove. Alas, it soon came time to depart Fort Island. Thankfully, the tide was with us, and the wind was not as much of a problem, but today's paddle included canoeing across more open water than we had done in the last two days. Unfortunately, the Gut was a little harder to find than anticipated, and we had been concentrating too hard on paddling through the open water, where there were significant swells in the water and lobster boats zooming past, so we ended up paddling a mile further than we actually had to. All was well, though, for Counselor Kris found someone to drive her over to the Gut (a one-minute drive) to find our ride back to Wavus, and everyone was relieved that it all worked out. The girls all grew from the trip and bonded even more, so it was a success on all sides.





Cayuga Cabin

HBC: Rebecca Clarke

JC: Hilary Burt

Damariscotta Lake Trip 7/4-7/5

Damariscotta Lake was perfectly calm as 12 campers and three counselors set out on our first trip of the session. For some of us it was the first time we had been on a canoe trip, while other more seasoned campers had done this exact trip the year before. As we started paddling, the group began to spread out across the lake, so we took the opportunity to raft up and explore the food supplies. By the time everyone was satisfied, we had demolished most of our GORP. We carried on paddling down the lake, increasing speed as the girls got used to their paddles. We passed the cute little island that was mostly covered by a house and stopped for lunch on the mainland. After finishing our sandwiches and goldfish, we continued through the Narrows. It took us a total of two and a half hours to get to our campsite on the Finnemore's property. We set up our tents, explored the campsite, and then



went for a swim. To pass time before dinner, we played games, did aerobics, talked amongst each other, and raided the food wagon. Dinner was a huge bag of pasta bows and sauce, which we ran out of while the campers were getting their fourth helpings. As it got dark, we lit a campfire and made s'mores; the campers had a competition to roast the perfect marshmallow. The next day the campers were allowed a little sleep in before breakfast. We were all packed up, leaving NO trace, by 9:30 am. The trip back went smoothly. We stopped on the way and went swimming off the canoes, which was a highlight of the trip for many of the girls. We arrived back at Wavus in time for lunch.

White Mountains 7/9-7/13

Day 1

We woke up early to get everything packed and ready to go to New Hampshire. Sandwich orders were taken and then we were on the road. We stopped at a gas station near the border of New Hampshire to eat lunch and get used to eating on the ground. The girls tried to scrape up some change to call home, but were sadly unsuccessful. We traveled into the mountains and got settled into Dolly Copp campground. Couscous and stir-fry filled the bellies of the girls before the thunderstorms rolled in. Even though some of the screams were louder than the cracks of thunder, all the girls worked hard to comfort each other, even if they weren't comfortable themselves. It was definitely a growing experience for everyone.

Day 2

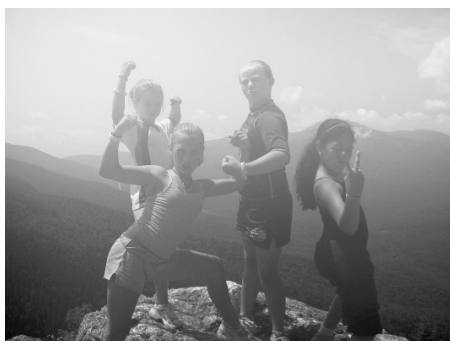
We woke up braver than the morning before. After eating a hearty breakfast, we left the campground to begin

our hike up to the Imp Face. The three different hiking groups met up at different parts of the day, but we all made it to the top with only a few scraped knees. All shared a fantastic view and a pita and peanut butter lunch. We all had smiles of accomplishment because for a lot of the girls, that was their first time hiking. On the way down, we encountered another thunderstorm, which was dealt with much more calmly than the storm the night before. The hike down was filled with riddles, jokes, scary stories and anything else that helped keep our minds off the fatigue and fright. The third hiking group was greeted with a crowd of high fives and we drove back to our campsite to enjoy a big pasta dinner and a comfy sleeping bag.



Day 3

We woke up with overcast skies and lots of fog, so the counselors decided a shorter hike would be satisfactory. We drove our trusty van an hour to Lafayette Campground to hike up the Lonesome Lake trail. It was a mellow hike compared to the day before, but the we still had a blast! When we got to the top, we saw that the lake looked like it was the edge of the earth. The fog was so thick that you could not see twenty yards in front of you. We had the privilege of eating our packed lunch in Lonesome Lake Hut, and the girls had fun swinging on their pull-up bar. On the hike down, the first group raced down, so we got to wait at the bottom and play trail games like the Vegetable Game and "Wah". We had delicious burritos and quesadillas for dinner, followed by scrambled brownies for dessert. Even though it was a shorter hike, we all slept sound.



Day 4

Pancakes filled our bellies before we did a short jaunt to Diana's Baths. We enjoyed sliding down the waterfalls and splashing in the cold clear waters. It was nice to see the humongous smiles on everyone's faces after seeing them bear such harsh weather. After laying in the hot sun for a while, we headed back to the van to drive to North Conway to picnic in the park. We headed back to the campsite early to pack up for the journey back to Wavus the next day. This day was a relaxing treat for the girls after they were so brave in the thunderstorms.



Cherokee Cabin

HBC: Sara Taylor

JC: Parry Grimm

Additional Trip Staff: Andie Wang

Bradbury Mountain 7/5-7/6

Author: Natalie Hauptman

We woke up early in the morning and there was a buzz of excitement in the air. We weren't leaving camp for another 3 hours, but we were excited to be going away on our first trip. The weather hadn't been nice to us, and our planned canoeing trip on the Damariscotta Lake had turned into a hiking trip to Bradbury Mountain.

After we gathered our last minute

supplies, we headed into the large white vans and headed out. There was chatting and laughing the entire time. The van ride went quickly and soon we were there. We played a few games and then helped each other to pitch the tents. For many of us this was our first time camping, so it was great to have the help and experience of one of the girls in the cabin – she was an excellent source of tent-pitching wisdom! We then sat down for lunch that consisted of peanut butter and jelly bagels (Yum!).

Now that we had 'fueled the mule' and the beds were made, we laced our hiking boots and headed out for

our day climb. We took a number of different tracks including the South Ridge and Boundary trail. These trails circled the base of the mountain and we ended up at a fork, which took us to the summit. We stopped here for a well-needed water break and a small nibble on our GORP. After chatting to the other visitors on the trail, we headed up to the summit to end our upwards hike. Some people laid in the sun, while others preferred to take a shady position under the trees. We looked around while we were up there and discovered some really cool caves.

The walk back down was less than 1 mile and this took us right back to our campsite. Once we got back, we tried to start a fire. Do you know how hard it is to light a fire with wet wood? The Park Ranger was kind enough to bring us dry wood, so in the end we had a really good fire. We made hamburgers for dinner and played a few more games. After we were finished, we all made s'mores and sat around the campfire.

During the night, we all had a pretty good sleep, even on the hard, rocky ground. When we woke in the morning, we made M & M pancakes and played the 'Human-Knot' game. I think this trip helped prepare us for the 5-day White Mountains trip that we will be taking shortly. Overall, we learned a lot, but we still had time for FUN!!

White Mountains 7/12-7/16

Day 1

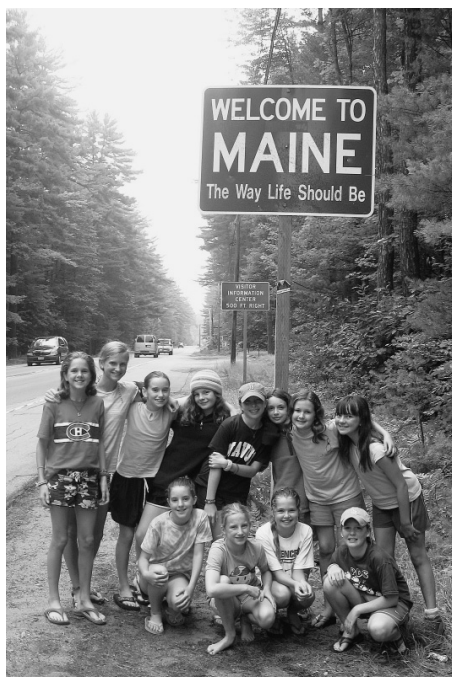
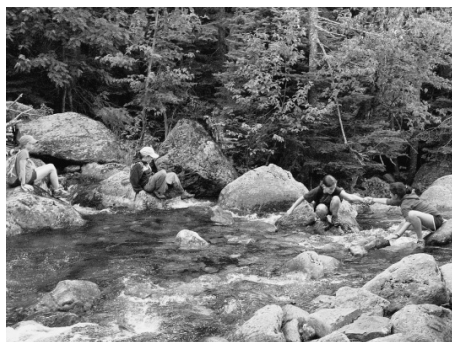
We awoke at camp once again to the sound of loons, however this morning we were a little anxious as today we were heading off on our 5-day trip to discover the wonders of the White Mountains. After we had organized ourselves, we gathered our bags and

headed down to the Jewell Lodge for a big breakfast, which once again was delicious. We then loaded the van, as well as one of the counselor's cars and headed out – destination: the White Mountains.

After a few attempts to find the first turn off, we were finally on our way and in a little over 3 hours, we arrived at Dolly Copp Campsite, our home for the next 5 days. We got straight into unpacking our bags, and setting up the tents, while the counselors organized our lunches. Once we had fed our bellies, we packed our daypacks and headed out for a short 4.6-mile hike. We started our path with the Old Jackson trail, until we reached the summit of Lowes Bald Spot. There we had a quick snack and then headed back to the van via the Raymond Path and the Huntington Ravine trails which joined up with the Tuckerman Ravine trail. The terrain was very steep to start with, but towards the end it got better as we began our descent. We were really tired after 5 hours of walking, so a few fell asleep in the van. For some of us, this was our first ever time hiking, so it was a great challenge. There were some bumps and bruises along the way, and many of us had sore feet, but we held it together and had a great day.

Day 2

Today we climbed Mount Washington! This was the ultimate mountain to conquer, and we did it, and had fun while doing it. We had an early wake up, which was followed by some Honey-Bunches-of-Oats for breakfast. We then headed out of the camping ground, towards Pinkham Notch where we started our hike up the Tuckerman's Ravine Trail. We split the group into three parties so that there was a counselor with each group,



the first group left Pinkham Notch at 7:20 am, with the other two groups 15 minutes apart. It was very tiring, but once we got to the top, it was all worth it; the views were amazing. There was a little bit of fog around, but it cleared in no time, and we got a chance to take in more amazing views. It was really cold up on the summit and there was lots of wind, so we all sat down and had lunch at the tables inside. At some parts, we had to slow down as we had to use the outdoor toilets (pee-in-the-woods), or tie untied shoelaces or strip down to our long underwear in the middle of the trail. On the way down, we all went a bit faster. It took a lot of leg muscle to get down, but it wasn't too bad, at least not enough to lower our spirits. Even though it was a long day, we all had a fabulous time hiking Mount Washington and we are glad that we completed the trek.

Day 3

It rained last night, but it managed to stop before we went to sleep, so it was nice to wake to dry tents and sleeping bags. We got a bit of a sleep in after our long day yesterday and cooked a great breakfast of M & M Pancakes. We got in the van around 10:15 am and drove just up the road to the Imp Trail. The Imp Trail is a loop trail that comes out on the same road that you start at; you just have to walk down the road a little once you have finished it. The trail started off flat, but it got steeper as it went on. We saw a few other people out on the trail and once we got to the top, we sat down and had lunch with some of them. We had bagels for lunch that we had made that morning, and one friendly chipmunk decided that he wanted to help us eat our lunch so he stole Rachel's bagel and took it into the woods with him. The weather was

nice all day, and we had great views of Mount Washington and a number of other mountains when we got to the top. After an hour at the top we started our descent down, which seemed to take forever, especially on the flat parts. Once we got to the bottom we climbed into the van and headed back to camp, where we prepared a yummy dinner of English muffin pizzas, followed by s'mores for dessert.

Day 4

We unzipped our sleeping bags as we woke to the sound of the loud calls of the crows. After eating a filling breakfast, we set off for an easy hike that was an hour drive away. After hiking for an hour, it started to rain and the thunder started to roll in. As we were hiking up towards a metal fire tower, the counselors decided to stop for lunch before making the call to turn around and head back down. When we reached the van, we finished off our lunch and as it was still raining, we were lucky enough to go and see the movie 'Ratoullie'. The movie was good fun, and once we got out of the cinema the rain had stopped so we drove to Freiberg beach where we went swimming before heading back to the campground for another fabulous dinner - this time it was the famous 'Gado Gado' followed by scrambled chocolate brownies.

Day 5

We were awoken this morning to Sara, Parry, and Andie talking rather loudly outside of our tents. It appeared that the front door of the van had been left slightly open and that our friends the raccoons and chipmunks had decided to help themselves to all of the food that they could possibly get their hands on. There was trash as well as food scraps everywhere, so our



first job before breakfast was to tidy the mess up. Once the mess was cleaned, we had breakfast, packed up our bags, and took down the tents before climbing in the van for the drive back to Wavus.

We all really enjoyed our trip, and learnt a lot about ourselves and each other from the whole experience.



Omaha Cabin

HBC: Vieve Leslie

JC: Belinda McGehee

Trip Assistant: Mallory Ferguson

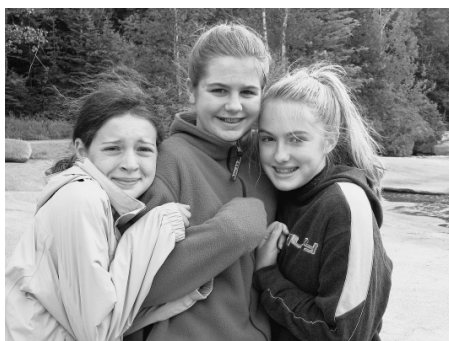
Bremen Overnight 7/2-7/3

Written by Avery Kelly

and Bailey Ross

Day 1

We woke up at Wavus and had a hearty breakfast in the Jewell. Soon after, we packed up and left in our van. Cruising on the road, we cranked up the radio and listened to our cabin's favorite songs. Twenty minutes into the ride we stopped at the local Hannaford's and picked up some hummus and a birthday cake for Catie Hopkins' 12th birthday. When we arrived at Bremen we had a delicious



lunch of PB&Js on bagels and ate the cake that we bought for Catie's Birthday. After lunch, we headed down to the Bremen dock to work on our tans and a few brave campers went for a swim. Next, we went sea kayaking to an Island. Before dinner, we took a little trip to the Rachel Carson Tidal Pool. When we arrived back at Bremen, we prepared a dinner of bowtie pasta and red sauce. After dinner, we had s'mores and then went to bed.

Day 2

We got to sleep in for once! At breakfast, we had muffin mix that was quickly turned into scrambled pancakes. We packed up and headed back to Wavus, but of course, we had to make a stop at Round Top ice cream. Vieve was steamed because she did not get enough ice cream.



Baxter State Park 7/7-7/11

Day 1

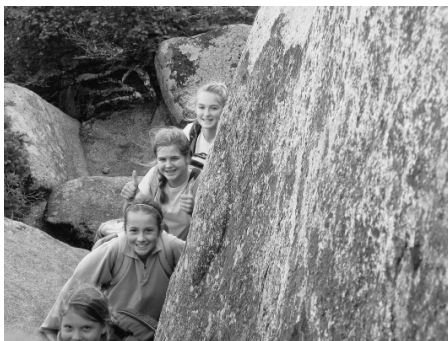
**Written by Drew Boulos
and Cullen LaPointe**

We woke up to “Wakie, wakie girls!” As we rolled out of bed, we realized three things: 1) it was Drew’s 13th birthday, 2) we were about to swim to Echo Island, and 3) we were leaving for Baxter State Park today. The island swim was fun even though the water felt icy cold. With Belinda and Vieve on lifeguard duty, we made our way to the island and back. Unfortunately, we were late for the early breakfast because our counselors were slacking at the meetings. Luckily, we were still able to get cereal! As we packed our bags into the van we realized that were going to be riding in the car for seven hours, but with good music and great counselors, we made it to Baxter by 4:30. When we arrived, we set up our tents and scoped out our campsite. We then met to get dinner prepared – just as it started raining. We had a great meal in the lean-to anyway: pasta and red sauce – yum! After dishes, we went to explore a little more. There was a pretty stream running right by our site. Drew was then surprised with a birthday cake that Belin and Vieve had picked up at Shaw’s. After a “Happy Birthday” song and some good eats, we climbed into our tents and went to bed. Our trip was off to a good start.

Day 2

**Written by Dora Cronin
and Tatiana Dalton**

On our second day at Baxter, we woke up at about 4:30 am intending to climb Mt. Katahdin. We ate our breakfast of whole-wheat bagels and cream cheese while listening to music in the van. We began climbing at 6:15



with a grey and cloudy sky above us. We made it about 1½ miles up the trail before it began raining. The rain started out light, but as we progressed, it started raining harder and forced us to turn around. We got back in the vans wet and disappointed, but we vowed that we would be back. Back at the campsite, we had an hour of rest period in our tents. Then Vieve came around and asked us if we wanted to go on a “nice little afternoon hike”. During rest period, the clouds had burned off and the sun had decided to show its face. So, we packed our daypacks and headed off for the trailhead, located right near our campsite. When we started out on the hike, it looked like a nice walk through the park. However, after two hours the trail became steep and rocky. Our nice little hike up Mt. Doubletop turned into Mt. “Deviltop”. The trail seemed never-ending and the summit was nowhere to be found! After another hour Drew shouted, “I think we’re near the tree line!” After 30 minutes had passed, we still were not at tree line. Ten minutes after that Drew said again, “Okay you guys, I think we’re finally at tree line.” Drew continued to hallucinate about the tree line. We finally decided to pull over and have lunch: pita bread, provolone cheese, and hummus. After lunch we made a group decision to head back



down as the sun was getting lower in the sky and our legs were aching. On the way back down everyone, including Mallory and Belinda, teased Vieve about the “little afternoon hike” she had chosen. When we got back to camp, we were ready for dinner after our big day of hiking over 9 miles! The red beans and rice with salsa and guacamole were surprisingly good, and the s’mores were delicious as usual. We all slept very well that night.

Day 3

**Written by Caroline Inches
and Daly Arnett**

After attempting Katahdin and Doubletop, we all needed our rest. Everybody slept until about 9:00 a.m. and had a delicious and leisurely breakfast of scrambled M&M pancakes (part II). Not even Grace’s drool, some hair in the batter, and a healthy dose of charred batter dissuaded campers from chowing down. After breakfast, we all changed into our bathing suits and headed off for the natural waterslides. When we got there it started to rain, but we were tough and despite the weather, Daly and Emily led the charge and jumped into the river. Some of the other visitors showed us how to properly go down the waterslides. Vieve had to take the van into town for some supplies, so we walked the short distance back to the campsite. The rest

of the day was a bit glum so we spent it in our tents chilling and reading. We had a very early dinner of tuna melts (which everyone thought they would hate, but everyone ended up loving because our counselors are such good cooks) and then packed our daypacks for tomorrow. While we were packing, a small mouse terrorized us in the lean-to. Luckily, Mallory “stamped” it out so we could pack in peace. We went to bed very early but the wind blew hard and was quite chilling. After some comforting words, everybody went to bed, ready to try Katahdin for the second time in the morning.

Day 4

**Written by Catie Hopkins
and Grace Harper**

We woke up super early (4:40 am) for a greatly anticipated second try at Mt. Katahdin. We bundled up and headed towards the van. Once in the van, we packed up lunch and grabbed a multi-grain bagel. Still early, the van ride was quiet. We reached Katahdin Stream Campground and signed-in on the notice board around 5:30 am. We finished the first mile in thirty minutes. We crossed over the familiar bridge and trekked on. We soon passed where we had turned back before. In another half hour, we were passed by several people including one of the Kieve Maine Trails cabins. We stopped with three miles to the top and opened our bag of trail mix. Progressing slowly, we made our way above tree line. We were suddenly face to face with two and a half miles of rock. A few campers were a little nervous about crawling on the rocks in the high wind, but we all managed. After climbing over huge rocks with some iron bars, we reached a sand spot. We soaked in the view and

took another snack break. We met a man from Texas who was starting the AT (Appalachian Trail). We talked to him about his climb and then headed up a sharp ridge of rocks. It took us to the table-lands and after a bunch of stops, we summited at 1:09 p.m. It took us a little longer than planned but it was exciting to complete part of the AT. We started going down at about 1:30 p.m. and stopped for lunch at the bottom of the ridge. We ate pitas, cheese, hummus, and raisins and were quickly below tree line. We got down in six hours and signed out at 7:30 p.m.

As a treat, we headed to the water slides. The water felt great after a day of hiking. Finally, we headed back to camp and enjoyed a night of star gazing, s’mores and pizza, full with the accomplishment of summiting Mt. Katahdin.

Day 5

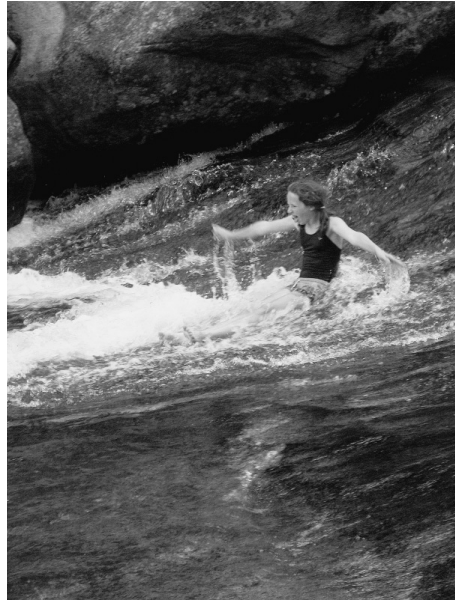
**Written by Emily Rodrigue
and Zeeza Cole**

Today was our last day at Baxter State Park. We all slept in because the day before we climbed Katahdin. Once everyone was awake, we gathered beside the lean-to and waited to be served our oatmeal. The warm oatmeal was nice because it was so windy. Before breakfast, we had to pack up our belongings and take down our tents. Everyone’s tents started blowing away. After recovering our tents, we packed everything into the trailer and started on our way home. After an hour of driving we made it out of the park. We then drove another hour until we reached Bangor. We stopped at Shaw’s and invaded the bakery counter to snag some cookies. We also brought some chips, pitas, pretzels, and bananas for lunch. We ate lunch on the front lawn

of Shaw's. After lunch, we convinced many truck drivers to honk their horns while we also had many people stare at us. After lunch, we got back into the van and drove for another five hours. We finally reached Jefferson, Maine. Our counselors thought we deserved ice cream because we did so well hiking Katahdin. We stopped at Jefferson Scoop and got ice cream. We drove back to Wavus and had a dinner of pasta and garlic bread. It felt



so good not to have to make our food or do our dishes. We then finished unpacking and cleaning the van and went to bed.



Osage Cabin

HBC: Eli D'Agosto

JC: Izzy Huston

E. Machias/St. Croix River East Machias

Day 1: Rocky Lake

We woke up in the morning around 6:45, with the sky grey, rainy, and cold. We ate early in Jewell, a light breakfast of cereal and granola with yogurt, as well as blueberry bread. Soon after, we loaded the trailer with our seven canoes, paddles, lifejackets, and personal gear, and set off around 8:15. We missed a turn, but found an easier route through Augusta, Maine's capital. We listened to Sigrid's music – Red Hot Chili Peppers, Indigo Girls, and other chill music. It seemed as though we were fated to get lost at the



start of our trip. In our excitement, the counselors chose the wrong turn off point and drove several miles down a rocky dirt road before turning around. After unloading and the trailer and saying goodbye to Sigrid, we had a quick PB&J lunch.

We put in around 2:00 and paddled through the twists of the Machias River until it opened into Rocky Lake. We ended up paddling extra, around two smaller islands, looking for the campsite, but that was ok because the paddle to Rocky Lake had been quick. Our home for the night was cozy and small, sporting a fairly extensive root system. The girls began to pitch the tents but found that one was missing a "bone" which connects three poles together. Instead of having three people to a tent, the girls would have

to fit four—not impossible, but a little tight. The counselors started cooking a hot-dog dinner after pitching their own tent. Due to the early morning departure and full day, everyone was ready for an early night.

Day 2: Second Lake

We woke to a thick morning fog, so much so that we could not see the water! As the counselors forgot to pack milk, we munched on dry Rice Chex and Cheerios for breakfast. We waited for the fog to burn off to pack up camp. We got on the water and were chased by a thunderstorm all the way to Second Lake. We almost made it, but had to pull over before reaching the lake to get out of the storm. We made a lunch of cold cut sandwiches and followed the proscribed lightning protocol, waiting 30 minutes before heading back out onto the water. The sun came out as we approached our campsite, but drifted behind more clouds as the afternoon progressed. Another thunderstorm came as we finished our outstanding chicken fajita dinner, so we hung out under a tarp, engaging in “cabin chat”, an activity that some of the girls brought back from last year. Each person shared a high and low from the day, and then the counselors asked a question that everyone had to answer. The night’s question was “If you could be any animal what would you be and why?”. Most of the campers mentioned their dog. The last part of “cabin chat” compliments one camper as chosen by another – the criteria to warrant such a compliment varies. After a Snickers bar, the mosquitoes chased us away to our tents.

Day 3: River’s Edge Campground

The girls’ improvement in paddling over the last two days allowed for a bit of a sleep-in. Thankfully, the morning

was sunny and we enjoyed bagels and cream cheese. Leaving Second Lake involved navigating a winding narrow river with five sets of rips (mild rapids). It would be the first time the girls had seen this kind of moving water. With only a few bumps and hiccups, the girls successfully paddled through the rips, continually asking if there were more. We stopped for lunch at the top of Hadley Lake, spending some time on the beach. This was also where we saw other people for the first time in three days. They were quite friendly, and one man caught a large fish! A nice wind behind us helped in a speedy paddle down the lake. The last set of rips happened right before our takeout point at River’s Edge Campground. It consisted of a small drop that elicited several excited screams from the campers.

We lounged at the campground most of the afternoon, reading and just sitting outside. We were almost kicked out, though, because the place was for sale and not really open! Luckily, the owners were kind enough to let us stay the night. The rest of the time was uneventful, and our training trip was topped off with a lovely spaghetti dinner. It took the girls a little while to fall asleep as they were all looking forward to the transfer to The St. Croix.

St. Croix

Day 1: Birch Island

Having slept safely through the night without being booted out of the River’s Edge (No-Longer-A) Campground, we awoke late and began the process of breaking camp. As the girls packed away their belongings and ridded themselves of all the grass clippings that had accrued in our gear, Eli and

Izzy made a scrumptious breakfast of rainbow pancakes—lent their color by the fabulous faux M&M's in the batter. In between breakfast rounds one and two, a white van with telltale Kansas plates and a canoe trailer came rumbling down the dirt road and stopped right in front of our "campsite". Out stepped the wonderful Vicki in all her clean, cotton-wearing glory. After welcoming her exuberantly, the girls jumped right in to help load the canoes and gear onto the trailer. By the time Eli and Izzy had finished scrubbing the cook wear, there was barely anything left to load. With everyone in the van, we commenced what would prove to be the longest, most challenging part of our journey: getting out of the driveway. Stopping every one hundred yards or so to retie a wayward canoe, we finally fixed the problem and got out onto the open road—pop radio blasting blissfully from the speakers and Dunkin' Donuts being distributed.

We traveled swiftly, making only two minor stops (one at the grocery store for supplies, and one on the side of the road to once again cajole the stubborn canoe back into place). Two hours later we arrived—all seven canoes in tow. After unloading and accepting Vicki's generous parting gift of 28 snickers, we put our canoes in the waters of Lake Spednic and began the second half of our journey.

It was late afternoon and the sun was high as we crossed the lake's expansive middle to get to Birch Island. Our biggest challenge lay not in the crosswind that whipped the water into towering whitecaps that endeavored to swamp our little vessels, but in the trip notes directing us to our campsite. After an hour of steady paddling, we arrived on the Northwest shore of Birch

Island only to find that the campsite described in the trip notes was not in its forecast location. However, the girls of Osage did not despair. Instead we turned and paddled around the island to its Northeast side where our campsite was really situated. So, after setting up our first camp on the St. Croix, we ate some fantastic English muffin pizzas cooked by the master chefs-cum-counselors. Then, with near-to-full bellies, we made s'mores in the glow of a radiant pinky-orange sunset, warmed by the little fire Eli built.

Day 2: Todd's Island

We woke early to a sunny day with a stiff wind blowing in from the south. After a breakfast of granola and yogurt and a few minutes spent warming ourselves in the sun, we began our trek across the long, wide lake. After one boat overcame an initial steering hiccup, the group worked hard to battle the gnarly headwind that would batter us all day. As we worked our way toward Canada's Todd's Island, clouds began to gather, obscuring the sun and cooling the wind, but the girls were not deterred. Crossing the longest, widest, windiest part of the lake, they sang songs and shouted silly cheers. The cacophony of their laughter was heard above the roaring of the wind in our ears even as the storm gained intensity.

Smiles shone across the water even as abs and arms ached with the exertion of six straight hours of paddling. We reached Todd's Island just before the rain began. Our green Eureka's were staked securely in order to protect us from what felt like the same winds that carried Dorothy off to Oz. After the long, hard day, everyone was in need of some rest, so we hunkered down in our tents as the storm passed over

our heads. After the rain stopped, we emerged to cook and subsequently inhale a much anticipated pasta dinner. The girls scarfed the gourmet-level bowtie pasta with Alfredo sauce and broccoli that Eli and Izzy prepared, and, energized by the incredible food, did a rendition of the Weight Watcher's commercial, which graces the airwaves of Southern Maine. "Weight Watchers, Weight Watchers", they all sang as Anna licked the Alfredo saucepot and clean and Zoë tried unsuccessfully to crack Ellie's toes. After dinner, the girls came together to show Izzy all the card tricks they knew. Sus was a true wizard, stumping everyone with her sleight of hand, and Leilani even showed us how to make a pebble disappear into thin air.

Day 3: Little Falls

Our longest day commenced a little later than the trip notes suggested (we became jaded after the first fiasco). At 6—or rather 6:30 by the time the counselors dragged themselves off of their thermarests—the girls got up and prepared for our longest day of paddling. A quick breakfast of pop tarts and granola bars got us into the water by 7:30. Yesterday's hurricane-force wind had subsided into a gentle breeze, and the water was deep, black-green and placid. We made good time, getting from Todd's Island to Vanceboro in three hours. At Vanceboro, we pulled our boats out of the water and girded ourselves for the day's biggest obstacle: the portage. Deeming the nearest put-in site dangerously close to the hydraulics of Vanceboro damn, we continued down the road with all our gear to customs.

There, we were accosted by a middle-aged customs border patrol agent with thick, square glasses and a great love

of small talk. After taking down all our information, he offered to help us by carrying our things in his official border patrol vehicle to Russel's Landing (our desired put in). As we were loading our copious cargo into the truck, a friendly old Vanceboro resident pulled up in his red pick-up and offered to help transport any extra gear that didn't fit in the border patrol truck. He even offered to try carrying our canoes in his truck, but they did not fit in the slightest. Eli took some of the girls with her in the old man's truck to help unload at the landing and the rest of us trudged back to where we had left the boats to begin the sordid process of hauling them down the road. Ellie, Melissa, Sus, and Anna did a great job of portaging with two girls to a 90-pound canoe. Although they did not get all the way to the landing with the boat, they worked hard and persevered. Lizzie, Grace, Julia, and Zoë, too, carried a boat with courage and grit. As Eli and Izzy marched with a canoe apiece, guided patiently by Leilani, Greta, and Caitlin, customs man was back at his post working the phones on our behalf. After talking to every person in Vanceboro with a pick-up, he managed to contact the town's resident canoe trailer. The friendly men drove along the highway, stopping each of us as we made our painful way toward our final destination. Thus, the boats were strapped to the trailer and we made it to Russel's Landing in no time. After a lunch of cold cut sandwiches, we placed our boats in the quickly flowing St. Croix and got on our way, another 6 hours of paddling ahead. The river was beautiful: deep and fast, framed by old pines that hid bald eagle nests and crowned by a cloudless blue sky with a mercilessly bright sun. The girls



paddled efficiently, chatting as we wound our way downstream. The end of the day was full of small rips, and the girls navigated them expertly, only breaching on every fourth or fifth rock. We reached Little Falls around 5:00 in the afternoon — at about the same time as another group. Seeing them on the river's American bank, we decided to do our portaging on the Canadian side. Once all our gear was safely ensconced in our campsite and Eli and Izzy had "scouted" the rapids — laughing like idiots as they made their way through the rolling water — the girls went down. Each boat went down with a counselor and two campers in it, hitting the drops perfectly and then careening into safe water. The hardest part of the trip finished, we sat down to a hearty meal of grilled cheese, fruit and snickers and then settled in to rest our weary bones.

Day 4: Loon Bay

After the previous day's hot sun, it was shocking to wake up to a cold, misty morning. We ate a quiet breakfast of dry cereal and got on our way. We encountered rips almost immediately, and the girls continued to work through them well. Despite their newfound experience, Sus and Zoë still found themselves breached on a rock in one of the subsequent sets of rapids we went through. The boat was swamped and the girls went swimming downriver. But they kept their heads above them and were able to rescue themselves and the boat. Then, with Eli's help, they got the canoe upright and paddled to where the rest of the group was waiting, watching with bated breath as the drama unfolded. While all of this was happening, Grace — Eli's paddling partner for the day — maneuvered her boat downstream alone from the bow

like a true professional. In the wake of the excitement brought about by such a near drowning experience, the rest of the day passed in relative calm. The river was shallow (sometimes annoyingly so), with a quick, smooth current punctuated by intermittent rips. We snaked our way through the island studded St. Croix protected land reserve and came out onto the wide expanse of Loon Bay. We pulled up on shore at the end of the bay, and, after setting up camp, had a nourishing lunch of pitas, peanut butter, honey and Chex or granola, thereafter retreating to our tents to warm up and escape the heavy grey skies. Waking in the late evening, we made a big meal of rice and bean tacos, combating the bugs that came with the dusk all the while. As we lay down again to sleep, a heavy rain started up, but, as we were wrapped in our little cocoons, it was a peaceful end to a harrowing day.

Day 5: Loon Bay

Our rest day dawned as dreary as its predecessor, but by the time we all woke up — hours later than usual — the sun was working its way through the clouds and the red squirrels were cackling. We whipped up some tasty pseudo-BLT sandwiches made with toasted English muffins, lettuce and an assortment of condiments. After brunch we all withdrew to our tents, hoping that the sun would have managed to conquer the cloud cover when we finished our mid-morning naps. While we were sleeping, a nasty little red squirrel chewed his way into our GORP. Tragedy though this may have been, the girls kept their heads up and set their sights on instead on lunch — noodles with "experimental peanut sauce". Once again, the counselors' culinary genius was evident in the

creative combination and the pasta and sauce disappeared without complaint. The girls spent the afternoon reading, talking and generally bonding with each other over their boredom. Soon enough, it was dinnertime: French toast, or, rather, sugar-fried-bread, as the Easy Eggs were found to have gelled to the consistency of Playdough. Unfortunately, the girls were not satisfied with their portions and decided to take matters into their own hands. A small contingent of boys had taken up residence in the campsite adjacent to ours, and the girls made their way over there to beg for food. However, halfway into the excursion, they lost their nerve and came screaming back into camp carrying twigs that they threatened to eat. When it became evident that no amount of absurd behavior was going to convince the stalwart counselors to reopen the waning the girls put the sticks down and wandered off to take refuge from the bugs.

Day 6: Egg Point

Our last full day of paddling broke cold and cloudless. Breakfast was oatmeal, which proved a challenge for some to finish. The day's greatest hindrance came in the form of the Class III rapids named Canoe Ledges. Eli and Izzy, after surveying the scene from the bank decided that the girls had become strong enough paddlers to run the rapids on their own. Everyone made it through the whitewater alive. There were a few rather unceremonious bumps, but only Sus and Anna managed to work themselves into a truly worrisome situation. They landed breached broadside in the middle of the falls; no manner of pushing would budge them. A little old woman who had been eating breakfast in her cabin that overlooks the rapids came out

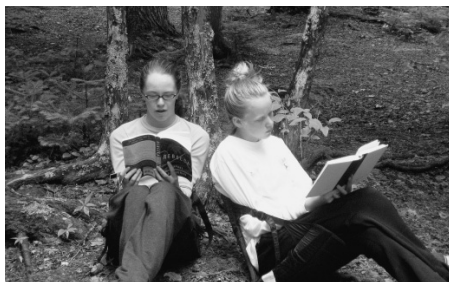
with a throw rope, but even that could not move the canoe from its seat in the middle of the river. So girding up and letting go of the fact that her shorts were dry for the first time in days, Izzy waded into the water. She worked her way to the boat against the current, and, standing braced against the onrushing waves, picked up the girls' canoe and sent them floating serenely down to where the rest of the boats were waiting at the rips' end.

The rest of the paddle was relatively uneventful, except, of course, the blustery wind that kicked up in the late morning. Nevertheless, the girls persevered and we arrived at Egg Point with hours of afternoon sun to spare. After a delicious lunch, the girls went swimming and sunned themselves on the rocks that created the point of Egg Point. The counselors were just drifting off into their customary afternoon nap when a panicked scream shook the quiet campsite. Down by the water an enormous snapping turtle had concluded that Shannon's toes looked like a good snack. The turtle stuck around all afternoon, hanging out in the shallows below our campsite and ponderously stalking any body part that came within five feet of the water. Our encounters with the turtle became the first of a series of intimate moments with the various and sundry wildlife of Egg Point. After a dinner of macaroni topped with an exquisite homemade tomato sauce (made by Eli and Izzy, the sultans of spice), a small campfire was hastily prepared in the face of an oncoming thunderstorm. During our cabin chat, we had our second close encounter with the wildlife that we shared our campsite with. A petite toad hopped out from in between the stones that ringed the fire pit and scampered

under some of the campers' feet, inducing a number of squeals. We fell asleep once again to the pitter-patter of rain on the tent fly, but our third animal friend interrupted our peaceful slumber. A mouse had found his way into the tent where Greta, Leilani, Caitlin, and Melissa were sleeping and, upon waking them, catapulted them into hysterics. The girls did a great job of calming each other down and getting the mouse out of the tent, allowing us all to finish our last night on the trail in peace.

Day 7: Grand Falls/Kellyland

Our final day on the Croix dawned still, cool, and bright—a perfect day for paddling. The girls, spurred by the prospect of mail, real food, and showers, broke camp fairly expediently and inhaled their Eggo Waffle breakfast. Our last day of paddling took us across an hour and fifteen minutes worth of flat, slow moving water. The girls chattered and paddled as we progressed toward the Grand Falls Flowage takeout point. We arrived early and the girls sat patiently reading and talking. Finally, The One arrived in a bright orange bus with the word *Courage* emblazoned across its front. Thus, our courageous trippers loaded the trailer and we began our triumphant return



Ojibway Cabin (A)

HBC: Jodie Sullivan

JC: Leah Agren

Appalachian Trail/Sea Kayaking 7/4-7/15

Hiking - Day 1

Today we woke up at 6.30 am, gathered our stuff together, and got into the van. Before we left, we packed our lunches. We drove for 3 hours along the highway until our driver Bob dropped us off. We got on our packs and headed off. When we first started, we weren't used to the weight of our packs, so we had to stop a lot. Mid-afternoon we decided to stop and eat lunch near Flagstaff Lake. We got out the lunches we made at camp and made good use of them. Once we were done with lunch, we continued hiking. To entertain ourselves, we sang songs and talked, which kept us entertained until we reached the Little Bigelow lean-to. The lean-to had a stream near by where we could get water. There was an outhouse too! We spotted rain coming so we quickly set up camp. Under the tarp, as protection, we ate chicken burgers for dinner.

Day 2

On our 2nd day, we hiked up Bigelow Mountain. Even though it was our 2nd day, many people learned ways to keep their minds off their heavy packs. We arrived at our campsite early - much to our delight - after a long and exhausting day. There were some brave chipmunks that ate - much to our disappointment - our GORP.

Day 3

Today we summited Avery Peak: the highest peak in the range! We got to look back on what we had done and were amazed...thunder showers threatened all day but never came our way!!

Day 4

After hiking 5 ¾ miles, we were able to camp at the Horns Pond lean-to. In the morning, we had a sweet breakfast of oatmeal and syrup. We ate bagels too! No one can forget exploring Horns Pond; there were loads of hikers and dogs around! Most of the day was a downhill trek for teamo-supremo, making our knees a little wobbly. Upon our arrival at our planned Cranberry Stream campsite, we found it already occupied. We then found ourselves walking another 2 miles to another campsite.

Day 5

Today we had a relaxed day: we slept in until noon, ate leftovers for lunch and then headed into Stratton. We walked the many miles in the sun to be greeted by...Ice cream!



Day 6

We were picked up and started the journey to Bremen for the start of our kayaking adventure. But first, Dunkin Donuts for lunch, yeah! We saw the other group at Bremen and swapped packs for kayaks. Chicken burgers were cooked on the BBQ for dinner and we settled in for the night in tents we didn't need to put up!

Day 7: Start of the kayaking journey

The morning started with a thick fog but it soon lifted. The paddling was the easy part of the day, and correctly (and efficiently) packing a kayak proved to be a learning experience. We traveled around Hog Island then on to Thief Island for the night. Pulling kayaks and gear above the high tide line was a challenge, but we worked through it as a team. By this time, we were ready for some serious sunbathing.

Day 8

Woke up at 7:00 am to be ready for the paddle, but the weather had other ideas. Completely fogged in, we were unable to go anywhere and found ourselves bonding in the tents. Utilizing this extra time, Jodie made us delicious quesadillas! The food today was gggreat! The waves crashed at the shores loudly and we realized our kayaks needed to be pulled up further. We challenged the roar of the waves with persistent singing of "the titanic theme song". We all needed our beauty sleep so we crashed early.

Day 9

It was still foggy in the morning, but it finally lifted and we could paddle once again. Ugg! More packing! Waves, wind, and sun meant hot and hard paddling. Seasickness aside, island hopping suited us fine: to Crow Island we went and at Crow Island we slept.

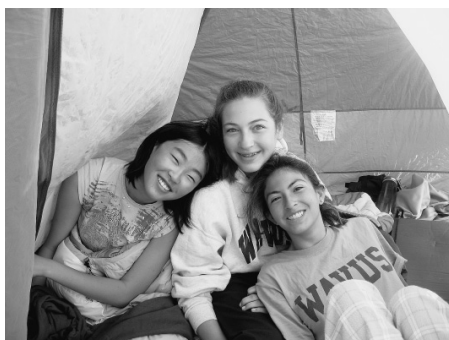
Day 10

Another sleep-in was to be had, clean up to be done and paddling to be practiced as we journeyed around Long Bremen Island back to Bremen for the night to prepare for an early pick up in the morning.

Day 11

Pick up at Bremen!

We woke to the sound of van tires crunching on gravel. This would be the last transfer of the journey, bringing us to the Damariscotta Lake drop-off point. We tied on the boats onto the trailer and said our goodbyes to Bremen. After a quick repacking of the kayaks, we hit the water with our sights set on the Wavus Point. Lunch was eaten at the Finnemore's property and dinner was had once we were back at the point (Wavus Camp!). What a great day, what an amazing trip.







Ojibway Cabin (B)

HBC: Blair Lamb

JC: Huntley Chapman

Sea Kayaking/ Appalachian Trail

7/4-7/15

Day 1

On our first night and day of the trip, we set out and went for about a 4-5 mile paddle across the lake. We got a little lost and had to turn around. After going back past Kieve, we found a campsite that we thought could be ours, but ended up being a little bit off. We paddled around the bend and came upon another site that ended up being private property so we had to call Katie Moulton and have her direct us 20 yards down to our site. That night it thundered and when we got up it was really foggy.

Day 2

The next day we paddled 6-7 miles to the end of the lake where we were picked up to go to Bremen. At Bremen, we met South Bunkerhill and camped out there for the night.

Day 3

Today we paddled around the ocean and we saw some seals that were very interesting. We decided to stay on Thief Island. Here we did a bunch of exploring and swam a bit. This day was the best weather condition so far. We had very sunny weather in the morning but then it rained a bit in the afternoon. When it was raining, all of the girls in our group played cards, which was so much fun! The dinner was amazing; Blaire and Huntley made cheesy rice and beans. Today we had an interesting sleeping set up: we had to sleep on a slant, which was surprisingly comfortable.

Day 4

Today we paddled our longest day yet; we covered 7 miles! It was very hard, but also fun! We unfortunately ran out of water and had to go back to Bremen. We were all very tired but we had a good surprise when we got to Bremen! Some other Wavus campers were there. They were actually JW's but we were excited to see the counselors! We had a fun-filled exciting day at Bremen and to make it even better, we got ice cream! It was so good! I had a very good cone of ice cream and a fun time with my cabin today!

Day 5

On the last night of kayaking, we all stayed at the Audubon and it was really fun! There were platforms and a mini-beach. We first set up our tents and then we played cards on the rocks by the water. The view was really pretty and there were lots of islands. There was an island about 100 yards away and it was made of only rocks. That day we decided to swim to the island in the freezing cold water. When we got to the island, my whole body was numb and so cold! We got right back into the water and swam back. Our trip was an amazing and we all had a great time bonding. The food was good, too! We had beans and rice with some granola bars. We ate a ton of snickers bars that day also. Before we got there, it was a short paddle but it was hard to find in the little cove. The next morning, it was super foggy and was really hard to see, but we made it all the way back to Bremen. I loved the trip so much and I am glad that I did it. Meeting all my new friends was so cool for me!

Day 6

In the morning, we started our last paddle from Audubon's Hog Island to Bremen to be picked up. When we

landed at Bremen, we unpacked our things in the rain and ran into the barn to wait for the other half of our cabin (who had been hiking the Appalachian Trail). The arrival of Junior Kieve campers set off a false alarm as we anxiously waited for Ojibway A. Later than expected, Ojibway A came and we exchanged smelly hugs. It was so great to see them again. Sigrid picked us up and we drove off not knowing what to expect. After a long drive listening to our favorite tunes, we arrived and pulled over to the side of the road. Nobody knew what was ahead and through the rain, we made it up to our campsite. By the time we got there, people were asleep in the lean-tos and quickly, we fell asleep too.

Day 7

"Chipmunk Day"

On our first full day of hiking, we made the trip from Little Bigelow lean-to, to the Stratton Brook campground. We had a great day of hiking under the "house-sized" boulders. We hiked down to fill our water bottles and wrote messages in the notebook. We had a great time cooking hot dogs for dinner and setting up camp.

Day 8

First day at Horns Pond!

We had a big day of trekking: we hiked Big Bigelow, which was steep and rocky. It felt great to reach the top! After some picture taking at the summit, we hiked down to the Avery Memorial campground, but there was no water so we ate lunch and got back on the trail. After three more miles, we set up camp at Horns Pond. We learned about LNT (leave no trace). Then we ate quesadillas for dinner and explored the campground and pond.

Day 9

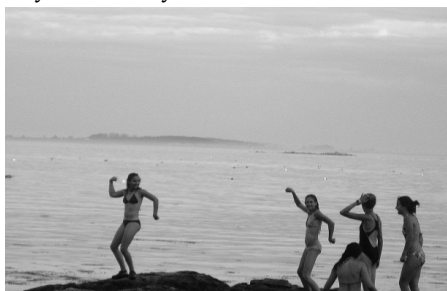
Today is our second night and day at Horns Pond. Today we took a day off from intense hiking. We just went on exciting little hike around the pond. We stopped at a great viewing place to sit and talk. When we got back, we played cards, read magazines, and had a massaging train.

Day 10

The next day we went to Cranberry, we hiked 3-4 miles. We set up our tents and then set off to hike to the road to get a preview of what we were going to do the next day. When we got back, we all had a tournament of "James Bond" (a card game we all learned together). Then we all went to bed and slept awaiting tomorrow's journey ahead.

Day 11

On the 11th day of our trip, we were still staying at Cranberry. We then went on a 5-mile hike into town (Stratton). We spent three or four hours there, exploring and hanging out. We stopped at a diner and had pancakes and waffles. The diner was really cool and old fashioned. Then we explored other shops, and hung around. There was a festival going on, so there were a lot of people coming and going. Music was playing so loud we could hear it everywhere we went. We then went out for a well-deserved pizza. We got more food for dinner and got back on the road back to camp. It was a long day, but really fun!





Allagash Cabin

HBC: Margaret Chapin

JC: Hadley Miller

Allagash River 7/4-7/17

Day 1

By Margie Chapin

An early morning for the Allagash crew- up at 5 a.m. (really it was four – excitement and nerves). After brushing our teeth, we all leapt into a packing frenzy, which ended around 6:30 when we departed dear old camp Wavus for the West branch of the Penobscot and the beginning of our journey! After some sweet tunes on the road, we unloaded the canoes at Hannibals Crossing where the Golden Road intersects the river. We ate a quick lunch of PB&Js and Chex Mix (yum!) and paddled downstream through some mild rips on the Penobscot. We stopped frequently to tape hot spots on fingers and drink lots of water. After two or so hours of paddling and a good amount of drifting, we consumed the last of the plums (so sad!). We rounded a bend in the river and come upon a young female moose up to her knees in the river. We tried to be awfully quiet as we paddled up towards her but our burrito songs must have scared her away. We continued a bit further down the river until we reached a beautiful campsite with a

picnic table big enough for all of us and a beautiful view of the river, the campsite even had an outhouse! We enjoyed a delicious dinner of burritos and finished the night off with a campfire and celebratory s'mores and embarrassing stories. An early night for everyone: bed at sundown.



Day 2

By Lindsay Bond

We woke up and enjoyed a breakfast of breakfast sandwiches with eggs, bacon, cheese, and English muffins. Then, after packing our stuff and loading the canoes, we were off down the river two hours later. Again we were lucky and saw another moose, but we were not able to get as close to this one as yesterday. Soon the river began to get wider and we knew we were getting close to Lake Chesuncook. There, most importantly, we went to “The Store in the Woods” in Chesuncook, the only town in Maine without a road to it. There we got the long awaited root beer and fudge. We then proceeded crossing over Lake Chesuncook, which at its deepest measures 942 feet. We soon began paddling through a winding stream (Umbazooksus) that seemed to have no end! Then we came across an unexpected surprise... a beaver dam in the middle of the river, which together we successfully crossed in good time. Next we crossed under a bridge (which used to be a dam) fighting against the strong opposing current. Finally, after a long day, we were almost at our destination when we saw the sun breaking through the dark and rainy sky. We ended the day with a small hike with our stuff up to the campsite so that we were ready to face our 2-mile portage in the morning! We had a delicious dinner of Gado Gado and went to bed early in preparation for the hike. Our total mileage was about 15 miles today! Go us!

Day 3: Portage Day

By Hayley Bright

Today we woke up around 8 a.m. and had a breakfast of granola and yogurt, and it was good! Then we cleaned up our belongings and packed

up the tent. Then it was finally time to begin the portage. First, we carried our boundary bags and other gear to the road. From there we went back and got the canoes. It was really, really buggy and everyone was beginning to get cranky. We then portaged our stuff to another spot in the woods across the road. It was still buggy, muddy, and the water came up to our knees. It felt like the portage was never going to end. Finally, after a lot of sweating, we came out onto Mud Pond. We got Snickers and put our boats in the water. What we didn't realize was that there was more mud down by the waterfront. Hannah got stuck and we all laughed a lot. We pulled her out and found the stream that would take us to Gravel Beach and Chamberlain Lake. We saw two moose on the way there. Everyone was in a really good mood and we felt like we had accomplished something big. When we arrived at the beach, the Long Voyage boys were there. We talked to them and had a great time. The beach was beautiful and we were all really happy to have finished our hardest day.

Day 4: Rest!

By Emma Murphy

Today we had a rest day since we did the Mud Pond Portage. We woke up and started our day on the beach. Some of us washed our hair and got clean and we did a lot of lying around. In the afternoon, Long Voyage Two from Kieve arrived and we decided to celebrate Emma's birthday early since it's in seven days. We baked a no-bake Oreo cheesecake and we had sparklers. It was a nice, relaxing day on the beach.

P.S. We also had our re-supply today with over 150 pounds of food! Yummy!

Day 5

By Hannah Finn

We woke up ridiculously early - 4:30 am - and paddled across Chamberlain Lake to Lock Dam. We paddled seven miles before 10 am, but then the winds picked up and we were no longer able to paddle. We gave it a good try but as many of the girls pointed out: walking was faster than our paddling. We spent a restful, wind-bound afternoon on a sunny campsite while we waited for the wind to die down. We ate a delicious dinner of pasta and Alfredo sauce- thanks cooking crew! Then we packed up our boats and left at 7:30 to paddle 3 miles up the then glassy lake to Farm Island where we pitched our tents for a hard sleep.

Day 6

By Maggie Barger

This morning we woke up around 6:30 and had yummy waffles with syrup and yogurt. We finished paddling across Eagle Lake and crossed under a bridge into Churchill Lake. We paddled a total of 11 miles today! We didn't see any moose, though. The wind picked up in the afternoon but we got to our campsite (Jaws) around noon. It started to rain heavily and the wind picked up a lot so we read, slept, and hung out in our tents until dinnertime. For dinner we had chili with cheese that Hadley and Margaret made. After dinner, we made hot cocoa for a special dessert! Then we went to bed for a long night's sleep.

Day 7

By Taylor Wallace

Today we woke up around 8:00 am. We had English muffins with sausage and eggs for breakfast. It was a yummy start to our day. We had a 15-minute paddle to the dam and ended up driving around the rapids. We learned

about the history of the area at a small museum. We paddled 5 miles to a cute beach for lunch. We all washed our hair and felt nice and clean. For lunch, we ate pita bread and tuna fish. We then had a 2-mile paddle to our campsite. We had pesto pasta for dinner and totally yummy brownie mix! Today was hard but the food was really good.

Day 8

By Kayla O'Sullivan

We woke up at about 9:00 a.m. For breakfast, we had really good pancakes. Then we started paddling, but we were stopped for a short amount of time by a small portage around an old dam. It was pretty easy after Mud Pond. Then we paddled all the way to Round Pond and stayed there. The wind got really scary and it thundered a little, so we had to do lighting protocol. It was a little scary, but now it's nice. Tomorrow we paddle to Allagash Falls.

P.S. It rained all night and we had a river running through our campsite but because we did a good job setting up our tents we were all mostly dry. The ranger said the water level on the whole Allagash River raised an inch from all the rain!

Day 9: Allagash Falls

By Lindsay Gallo

We woke up at 8:00 this morning. We had bagels and cream cheese for breakfast and started canoeing at about nine. We canoed on the river today, and along the way noticed a lot of small rapids. We went about 16 miles before we stopped at a campsite to eat a lunch of tuna on pita. After lunch, we canoed about 4 more miles to our campsite called Allagash Falls. We stopped at a Ranger Station to make sure there was room for us at campsites further down the river. At first, the ranger said the Falls campsites were full, but luckily

when we got to the Falls, there was one campsite left. We went swimming in the fast water of the Falls and made individual pizzas for dinner. After dinner, we celebrated Emma's birthday with Snickers.

Day 10: Rest!

By Mandy Mathias

Today we slept in because it was our REST DAY! We ate breakfast at around 10 o'clock...oatmeal (delish). Then we all slipped into our bathing suits to either catch some rays or have a refreshing swim in Allagash Falls. After a while, we strolled back to our b-e-a-u-t-i-f-u-l campsite for lunch and Narnia reading provided by Margaret. Next, we had "tent time", mostly consisting of summer reading and catnaps, during a light rain shower. Then we went back down to the water to relax. As it approached four o'clock, we decided it would be a good idea to portage our canoes to our starting destination for tomorrow. With a little teamwork, endurance, and flashbacks to Mud Pond (ha-ha), we made it through with smiles. By this time, we were ready for dinner (falafel). It was especially good with ketchup. Then, for an extra treat, we had brownies. Overall, it was a very leisurely day.

Day 11

By Charlotte Gerchick

We woke up at around 9 a.m., packed up all of our things, and paddled past Allagash Falls. We paddled the last 13 miles of the Allagash until we arrived at our campsite in Allagash Village. Right after we unloaded our belongings on the land of a woman who lets Wavus camp on her property, we went to a small store where we all had soda and candy. For dinner, we had pasta and we made cheesecake that everyone loved. We fell asleep to the sweet sounds of the river.

Day 12: Last Day of Paddling

By Charlotte Gerchick

Today we woke up and made breakfast before the counselors got out of their tent. We paddled about 13 miles and arrived at Pelletier's campground, where we were spending our last night next to the Allagash. We sunbathed, shaved our legs, and played cards all day. Vicki came at five and brought real pizza. We played "Duck, Duck, Goose!" and "Cops and Robbers" until we fell asleep next to the river for the last time.

Day 13: Travel Day

By Mandy Mathias

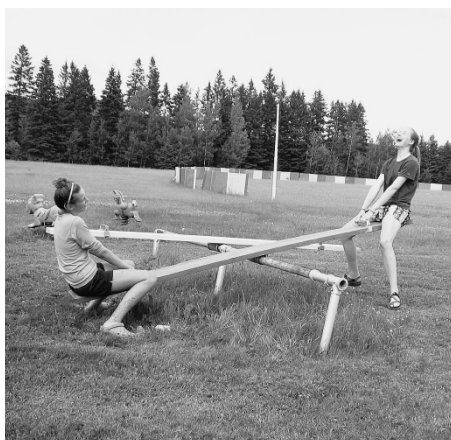
This morning, we woke up around 8:00 because it was so hot. Once we loaded up the trailer and the van, we headed out for our 4-hour car drive. We listened to music, danced and pigged out on cookies and chips, it is so good to listen to music again, but also sad because camp was almost over. Eventually we stopped for lunch at a beach/park (yummy!). Back on the road, we had only a little bit of time left until we reached our campsite. We set up our tents and then we showered (ah!), and right after we got out of the showers, we saw Long Voyage One. It was fun. Then, they left and Long Voyage Two came: not as fun because we didn't really know them. Then all of Allagash Cabin got in the hot tub, we were all really hyper! We were so excited to be clean and brush our teeth with fresh non-iodine water! We played Mafia with LV2, and then we all went to sleep in anticipation of our early morning.

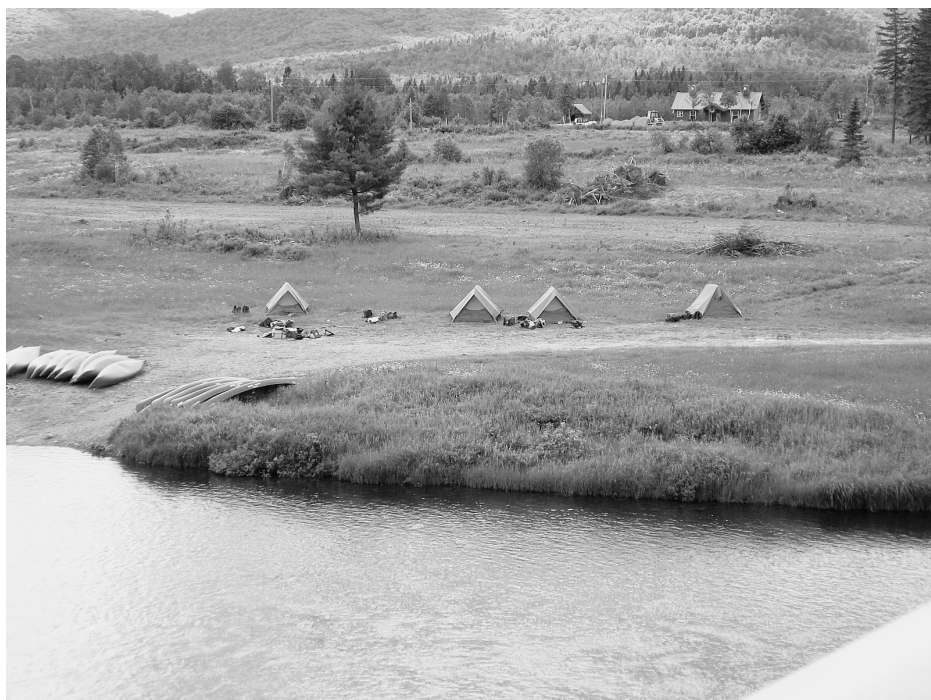
Day 14: Last Day!

By Mandy Mathias and Margie

We got up early so we could make it to rafting by 7:00 a.m. We packed up and had whole-wheat Cheerios for

breakfast. We filled out forms and got on the bus for our 20-minute ride to the river. The rapids were really exciting; we did two class five rapids and a twelve-foot waterfall. Whenever there was calm water, we went swimming or stood on the boat and fell off when everyone paddled. We had a splash fight with LV2. It was the best day ever! It was sunny and beautiful, and some of us got too much sun, oops! Once we were finished we went back to the lodge and saw a slide show and video of the rapids. We had to leave early to get on the road, but we got to go to McDonalds for dinner. Everyone was really emotional in the car because camp was almost over. Back at camp, we unloaded and unpacked our bags. It was weird to be back, but good. We went to bed in real beds. Yay!





Iroquois Cabin

HBC: Aubrey Millert

JC: Margie Gribbel

Maine Trails: Appalachian Trail

Day 1

By Molly Barrows

We started our 100-mile trip on the Appalachian Trail at the town of Monson. We were driven there by “The One” who drove us, with a bang, to the trailhead where we embarked on our trip. We were supposed to do 3 miles the first day but there was another camp at our planned destination, so we ventured into the woods another 3 miles. We stopped for water and little snacks. We reached our campsite in the early evening, which was actually an old road that had grown over with grass – very comfortable! We had our first dinner of Mac’n’Cheese with pepperoni and then explored a waterfall that was near the site. After all that fun of the waterfall, we went back to our tents for bed.

Day 2

By Abby Sawyer

Today we hiked a total of 8 miles. We woke up at 5:30 am and ate a breakfast of oatmeal. We set out for the trail and finished the eight miles by 4pm. We had lunch on a summit after our first big climb, which was amazing! During the hike, we sang songs and talked for hours so that we would be distracted and not focus on our sore legs and heavy packs. We crossed several rivers and brooks and Abby fell down and soaked her bum in one! When we reached our campsite, we ate a dinner of rice and beans (that partially spilled in the dirt) but it was still yummy. Then we played cards and chatted with the Canadian group on the trail with us. It was a happy Fourth of July overall.

Day 3

By Anna Otis

This morning, we started out in the rain. It was a steep climb and by the time we were at the summit of Barren Mountain, it was so foggy that we could not see ahead of us. After a quick lunch of GORP, we headed off for the Cloud Pond lean-to. At the campground, we put up our tents and took in our surroundings, which were absolutely gorgeous. There was no sun and the mist was everywhere, no wonder they call it Cloud Pond. For dinner, we had a Vietnamese dish called Gado Gado with peanut sauce over noodles. The grey water was gross, but the dinner was good.

Day 4

**By Aubrey Millert
and Margie Gribbel**

Rest day! We had the joy of sleeping in and then eating a tasty breakfast after all our lean-to neighbors had left. The morning was relaxing as we aired out our gear and munched on GORP. Molly looked like a homeless person washing her clothes in the duck pond in Central Park, as she washed her clothes on the rocks in Cloud Pond. Our afternoon was also lazy and wonderful. We cleaned up the campsite and read, played cards, talked, and laughed. We had falafel for dinner and went to bed early so we could get up at 5:00 am for a long day of hiking.

Day 5

By Melissa Wider

Today we started our adventure with granola and powdered milk. After packing up, we hit the trail and headed straight for those 7 miles, accomplishing three mountains (Fourth Mountain, Third Mountain, and Columbus Mountain); all of which



had spectacular views. When arriving at the Chairback Gap lean-to, we set up our tents, looked at the maps, and attacked squirrels. We also played MASH, naturally. We had pesto for dinner and everyone loved it.

Day 6

By Molly Barrows

Re-supply day...yay for good food! Today we started out in the rain but it soon cleared up. We had Chairback Mountain to climb, which was a steep downhill climb all the way to the re-supply road. We stopped at a pond to get water and then headed to meet up with Katie Moulton. She brought us soda, whoopie pies, and fruit, which tasted incredible. During re-supply, we ate lunch and danced to Katie's retro music and then headed up a hill which was 5 very-long miles. We got to open and read mail once we arrived at the lean-to, as well as eat pizza bagels and hang out at the brook while eating blueberries. P.S. Melissa broke a tree while she was peeing.

Day 7

By Abby Sawyer

Today was our hardest day yet. We conquered four consecutive mountains - Gulf Hags, West Peak, Hay Mountain, and Whitecap Mountain. In the valley between Hay and Whitecap, we stopped for lunch and then climbed the big one above tree line with the best views - Whitecap! There was ferocious wind at the top but we could see Katahdin for the first time, which was awesome. We then hiked 2 miles down in the rain to Logan Brook lean-to. It was freezing, so we all hung out in the tents until dinner. We ate Alfredo pasta for dinner, cooked in the lean-to, and then went to bed to get warm.

Day 8

By Anna Otis

Today we got up, ate a quick oatmeal breakfast, and set out for Little Boardman Mountain and Crawford Pond. We walked 11 miles to our campsite, Cooper Brook Falls. On the way, we stopped at a sandy beach which was sooooo refreshing. The terrain became semi-easy today, with a lot of flat parts, which was actually a little boring. We hung out with the French Canadians at night and tomorrow we hike our first big straightaway of 11.4 miles.

Day 9

By Melissa Wider

Early this morning there was a huge lightning storm and Aubrey and Margie made us do lightning drills. Most of us fell asleep while doing them. The rain stopped by late morning and we busted out seven miles before stopping for a long and relaxing lunch. We all got stung by a bee, but managed to do the final 4 miles. Everyone was more than excited to get to the campsite and take a nap before dinner.

Day 10

By Molly Barrows

Today we left the lean-to at 8:00am and did 10 miles in seven hours. There were absolutely no mountains and the flatness was great, except there were a LOT of roots. We stopped at a gravel road for lunch. We ran into the Canadians again and walked around the Nahmakanta Lake before we arrived at our lean-to. After we settled down, we went to the sand beach to clean ourselves and swim. It felt great, especially with a dinner of couscous. We then had a fire on the beach and watched the sun set over the lake.

Day 11

By Abby Sawyer

We woke up at 7:00 am to a beautifully clear day and ate oatmeal. We climbed a very steep, but short, mountain (Nesuntabunt) within the first hour or so, and it had a great view of Katahdin so we decided to have a break. We continued hiking until we reached a road, and there we ate a lunch of cheesy GORP. We kept hiking the remaining two miles and reached Rainbow Stream lean-to at 2:30. We all had "rest time" where we slept, read, and hung out until dinner. Then it started raining hard, so we hung out in the lean-to and talked to our Canadian friends. We planned to wake up early the next day, so we went to bed pretty early.

Day 12

By Anna Otis

Today we woke up slowly and ate a quick breakfast of grape nuts before we set off across the brook at our lean-to site. We stopped for lunch at Rainbow Lake, hung out on the rocks there, and watched the clouds. We thought about camping there but decided against it because we didn't want to do seven miles on our last day to Abol Bridge. So, we hiked on to Rainbow Ledges where we took some pictures and gazed at the beautiful view, laughing and telling stories the whole time. Later on at the lean-to, we made a dinner of mashed potatoes with gravy and cranberries – a Thanksgiving dinner. It was surprisingly good! Tomorrow we're off to Abol Bridge, the end of the 100 Mile Wilderness. There we'll meet up with Katie and Shelley and might even go to the store!

Day 13

By Melissa Wider

Scrambled pancakes, 3 miles, the best day of hiking, what else can I say?

Today we woke up willingly at 7:30 am thanks to the "dawg" group. 11:00 am came around and we ventured off for Abol Bridge and the store full of food. Margie and Aubrey went into the store and got us a lot of food we had been craving for the entire trip. At EXACTLY 3pm, Katie and Shelley pulled into Abol campground, gave us all huge hugs, and told us we were very smelly. We finally got to Baxter after we partied it up in the van with good music. We set up the tents and then had a picnic dinner of sandwiches. We were more than overwhelmed with all the delicious food surrounding us. We even had whoopie pies and cookies. Then it was off to bed since..... KATAHDIN TOMORROW!!!

Day 14

By Molly Barrows

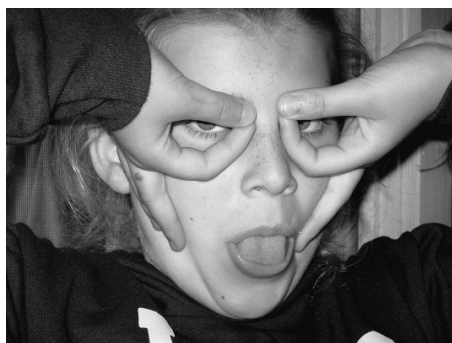
Today we woke up at 4:30 am to climb Katahdin!! We left at 5:30 am to start our climb up Hunt Trail. It took us five miles to climb to Baxter Peak (One mile high!!) but it seemed like 20 miles! There were big boulders that we scrambled over which was really fun. We reached the peak at 10:00 am. The view was amazing because we had such a wonderfully clear day. We took lots of pictures and then we started back down and ran into a couple of other camps. As we descended, everyone really felt "the burn" in their legs. Going down Katahdin was steep, exhilarating, and amazing...it felt like we were rock climbing. Once we got to the bottom, Katie and Shelley drove home while we ate lunch. Once everyone was finished, we changed into our bathing suits to go to Togue Pond. After the beach, we had double bacon cheeseburgers for dinner, which were amazing! We then took a post-dinner walk to the brook and then retired to bed.

Day 15

Today we went to the Ledge Falls rockslides to slide down the waterfall on our bums and we also relaxed, tanned, and had a picnic. Then in the afternoon, we did community service by painting one of the ranger stations in Baxter State Park. It was pretty fun and a great last day of the trip. We then went into good old Millinocket for a pizza dinner and ice cream on the town green. We tried to build a fire but failed miserably so ended up going to bed fat, happy, and excited to go back to Wavus the following morning and do a STELLAR entrance skit!







Trip Logs - Session 2

Junior Wavus Courage Cabin

HBC: Anna Titcomb

JC: Katie Rifenburg

Bremen Trip 8/6-8/7

Cabin Courage had grown tired of life at camp. Sure, it was awesome, but the daily routine had gotten, well, a little stale. Anna Titcomb and Katie Rifenburg, the Best Counselors Ever, needed to do something quick to bolster Cabin Courage -- what better than a trip to BREMEN?! After packing the whole cabin up, we headed off, serenaded by the smooth sounds of country music. Unfortunately, when we got to the campsite, it started to thunder . . . Cabin Courage took refuge in the boat shed and then got to enjoy watching a super wild thunderstorm and made more friendship bracelets than was humanly thought possible. But the storm clouds in our hearts lifted when we got a visit from none-other than the lovely Tookie, who brought us games and even let us go for ROUND TOP after dinner! Full of ice cream, Cabin Courage listened to some of Narnia and went to bed. The next day, alas, was still cloudy . . . M&M pancakes and many, many, many games of tetherball were on the menu for the morning, followed by sandwich-making and getting a surprise - we were going on the Snowgoose with a group of Kieve BOYS!

While on the boat, the girls and boys sang songs and performed skits for the counselors, Cabin Courage remarked how much better their food was than the boys, and we totally showed them up by jumping off the top! After our Goose trip was done, Cabin Courage was tired and certainly ready to return

to the comforts of Wavus . . . until next year!

Junior Wavus Respect Cabin

HBC: Rebecca Clarke

JC: Kris Meade

Bremen Trip 8/5-8/6

Sundays at camp are always a bit different, and for our JW campers this Sunday was extra special since it was our Snowgoose and Bremen trip. We enjoyed our sleep in and Wild Doughnuts before making sandwiches, packing the van and leaving for Bremen with the girls from Responsibility cabin.

We arrived at Bremen at exactly 10:00 am, excited about what lay before us. We were met by the Captain, and a whole lot of gear belonging to the Kieve boys. The trip on the Snowgoose was a highlight of camp for many of the girls. Since it was Sunday we didn't have the opportunity for lobstering, so got to spend a bit more time exploring the area. We were lucky enough to see a seal colony, an osprey nesting, two bald eagles, and about a dozen puffins. At 12:30 we stopped in a bay for lunch, which we devoured in a hurry so that we could get onto the fun stuff - swimming, relaxing on the deck and for those of us brave enough, jumping off the roof of the boat. The water was cold and salty, making us appreciate the relative warmth of Damariscotta Lake even more. Anna, Hannah A, Hannah W, Abigail and Alison were among the keenest jumpers, while Lanie spent the most time in the water. By 2.30 we were all set and ready for the half an hour trip back to Bremen.

As we arrived back, we were greeted

by the boys, who were promptly ordered by Captain Mike to move out of the tents for us. As a big group, we attempted a game of mafia, killing Sami and Katie in the process, followed by a game zip-zap. The boys said good-bye, much to the relief of the girls, and they headed back to Kieve. We mixed the two remaining Wavus cabins up, sending half out to funyak while the remaining half played games.

After dinner we started the campfire, and when we had some good embers started making s'mores. Maura, Izzy and Sarah G. toasted some great marshmallows. Once we had all had our sugar fix, we started singing campfire songs, including learning some new songs we would donate to morning flag (note, the dying song: Oom-plicka-plicka). For a lot of the girls this was their first time sleeping in a tent in the wilderness, but most of them coped like they were pros.

The next morning we slept in, then enjoyed bagels and hot chocolate. The campers who hadn't had a chance yet went funyaking, and Sarah W. showed off her funyaking skills. We finished packing up and headed back to camp, via Round Top.



Junior Wavus Kindness Cabin

HBC: Megan Pelletier

JC: Anna Geismar

Bremen Trip 8/6-8/7

Kindness Cabin awoke bright and early to embark on their journey to Bremen with fellow cabin Courage. Sleeping bags, coolers, backpacks, campers, and counselors were loaded into the white Wavus van, and set off for the coast. Upon our arrival, we were greeted with rumbles of summer thunder, so our plans for kayaking and crab-searching were delayed. Finally the storm passed, and we set up our sleeping bags in the tents. Next, the counselors started to put dinner together. Since the rain had lifted, some of the girls took the opportunity to go down to the water to look for crabs, periwinkles and other coastal creatures. Soon dinner was ready, and Kindness Cabin enjoyed a lovely meal of BBQ-ed hamburgers and hot dogs, followed by a dessert of s'mores (a necessary confection of Bremen Landing). Everyone was pretty tired, so we all retired to our tents, anticipating an outdoor breakfast.

The morning was cloudy, but our spirits were bright (this was aided by the eating of pancakes). After breakfast, we packed up our gear and headed back to Wavus; our long-looked-forward-to overnight camping trip seeming so quick.

Junior Wavus Responsibility Cabin

HBC: Alison Cook

JC: Hilary Burt

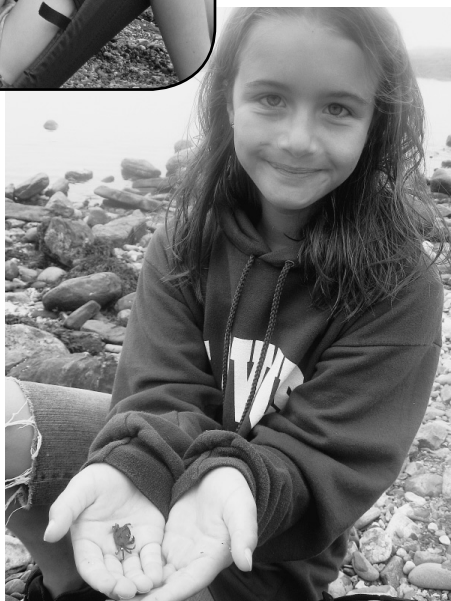
Bremen Trip 8/5-8/6

Responsibility Cabin awoke bright and early to embark on their journey to Bremen with fellow cabin Respect. But

this was no ordinary trip to Bremen: we would not only get to camp overnight but also get a ride on the majestic Snowgoose III! We double-checked to make sure that everyone had their swimsuits, towels, sunscreen (not to mention sleeping bags, backpacks, and coolers), and set off in the white Wavus vans to Bremen. Once we got there, we met Captain Mike and learned a little bit about the Snowgoose. Then we boarded the boat and began our exploration of the Maine coastal waters. The highlights of the trip included multiple animal sightings (seals, osprey, and bald eagles, to name a few), helping pull up lobster pots, and jumping of the top of the boat.

Once back at Bremen, the girls unpacked their sleeping bags and got settled in the tents. Since there was time before dinner, everyone had the opportunity to check out the shore (to look for coastal critters) or hop in a funyak to go further down the coast. While the campers and counselors were enjoying the scenery, the remaining counselors started to put dinner together. As soon as dinner was ready, the girls came running up from the shore to enjoy a lovely meal of BBQ-ed hamburgers and hot dogs. After dinner, the two cabins had a roaring campfire, complete with camp songs and s'mores. We slowly grew tired from the busy day, and decided to head back to the tents for some rest.

In the morning, there was still time to funyak and hang out on the shore, so after breakfast, that's what we did. When it was time to return to Wavus, we packed up our gear, made sure the campsite was clean, and then headed north to Round Top Ice Cream, and then to camp.



Algonquin Cabin

HBC: Ophelia Lu

JC: Andie Wang

Bremen 8/2-8/3

The Bremen overnight was the first camping experience for most of the girls in Algonquin. We arrived at the Bremen Landing around lunch time and decided to cook ourselves a yummy hot lunch. We made Gado Gado which is pasta with a peanutbuttery sauce. The girls spent the afternoon swimming in the freezing Maine ocean water, jumping off the docks and playing tetherball. There were also multiple games of Uno, Spit, Boggle, and Jenga that went on during our relaxing afternoon.

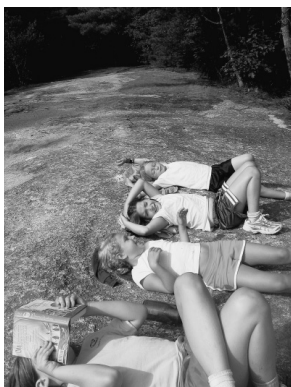
Around 5pm, a cabin full of eleven year old Kieve boys showed up who were also spending the night at Bremen. The girls were timid around the boys at first and played their own games around their tent area. They came out for a joint burger fest and ate together with the boys at a large picnic table. Later, tetherball challenges were made and the girls played against the boys in tetherball. Not surprisingly (we have some seriously good Algonquin pro tetherball players), more than one of the girls was successful in beating the older and bigger boys. Alice Bennet became reigning champion after beating 4 of the boys in a row and became the popular champion that everyone wanted to try and beat.

The night ended with a big campfire that everyone roasted marshmallows around the fire and made s'mores. In the morning, we made M&M pancakes and had a delicious breakfast before packing up and heading back to Wavus with extremely full bellies!

Bradbury Mountain 8/10-8/11

On the Bradbury Mountain trip, the girls got to test the camping skills they learned on our first overnight. The trip started with the awesome Algonquin van mixed CD that Andie made for the ride. We rocked out the whole way there singing every word to every song (even the songs we didn't know...that was interesting) and throwing in dance moves every once and a while. When we arrived at Bradbury, we set up our tents and then cooked some super-delicious grilled cheese sandwiches. After our bellies were full, we headed out to hike. It was the first time that some of the girls had ever hiked before. One of the new hikers, Katie Elliott, was our leader the whole day and did an awesome job following trail markers and keeping a good pace. We hiked for a solid 2 hours and played "Twenty Questions" the whole way. After winding our way around all of the different trails, we hit the summit and lay in the sun for a while. We came down a much shorter trail than we went up and when we got to the bottom in ten minutes (going up took a good hour and forty five minutes). Alice Bennett concluded that walking downwards takes less time. After the hike, Vicki met up with us to hang out for the night. We played at the playground on the swings and the slide. We found out that we have a little monkey in our cabin when Natalie Unger climbed up to the top of the swing set poles. For dinner, we had mini pizzas on English muffins and three of the girls were adventurous and tried toppings on their pizza (mushrooms and peppers). After dinner, we played the Vegetable Game where Meri Dorman proved to be the reigning champion. We made a big campfire and the girls were very

helpful collecting wood and dry leaves to get it started. Ana Konyk was our expert fire builder and helped to get it started by blowing on it. We practiced roasting the perfect marshmallow around the campfire. In the morning we made some yummy M&M pancakes (a growing favorite) and went to have more fun at the playground before heading back to camp. On the way back, we took a detour and stopped in Freeport for a picnic lunch. As a surprise treat, we walked over to Ben and Jerry's after the picnic and had ice cream. We arrived back at camp on a sugar high. Woo-hoo!



Mohawk Cabin

HBC: Katie Glodowski

JC: Cassie Rodrigues



Camden Hills 8/1-8/2

Day 1

We left bright and early after a solid breakfast for Camden Hills State Park. The weather was sunny and the girls were excited for their first overnight. After a quick demonstration from the counselors, everyone set up their tents. We paused for a quick lunch of peanut butter and jelly before preparing our day-packs and heading out to hike Mt. Mugunticook. The bright sun lit up the leafy forest as we scaled roots and rocks. It was Mohawk's first hike and although it got a little tough at times, everyone couldn't help but smile as we reached the summit and saw the spectacular view below. We rested on the great bare rocks and tucked into our snacks that Katie had packed for us that morning. We enjoyed the view and the sunshine until we resolved that we were ready for more climbing! The tower at the summit of Mt. Battie looked like a miniature from our viewpoint but it only took our tough girls about an hour and half to reach their second summit of the day: we were on a roll! Once at the summit, the girls climbed to the top of the tower to look down in to the bay of Camden, and ran down the sparse slope to pick wild blueberries. The blueberries, in fact, served as a perfect appetizer to the dinner we were descending the mountain to prepare. Everyone was eager to help prepare our feast of pasta and tomato sauce with lots of veggies. After we had all washed our dishes and done some cartwheels along the way, the girls gathered wood for our campfire. We all worked on our marshmallow point

in the Medals book that night, though some preferred to burn theirs to a crisp! Even though they had asked 'are we doing any more today?', everyone was tired from hiking so we all went to bed as soon as the fire had died.

Day 2

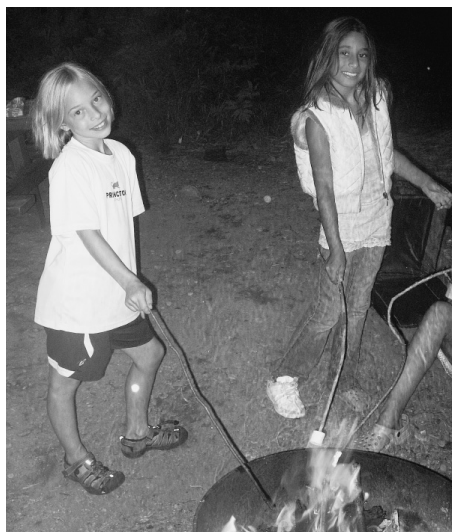
Campers and counselors awakened bright and early ready to begin the journey back to Wavus. After a quick breakfast of bagels and fresh fruit, we loaded up our trailer and headed back to camp. It was another absolutely beautiful day but the Mohawk cabin was calling to us. Of course, a small detour to Round Top Ice Cream was necessary to complete our trip! Chocolate was a popular choice, though it melted rather fast in the hot sun. After throwing away our last paper napkin, we loaded back on the van and returned to our home away from home. Overall Mohawk exhibited an awesome attitude, energy and character in the great outdoors. Our first overnight: success!

Acadia National Park:

Blackwoods Camp 8/8-8/10

Day 1

This morning we packed our gear and after breakfast we loaded it all into the trailer. Everyone got comfortable in the van for our three-hour drive and we headed off toward Acadia National Park. We arrived to Blackwoods, our camping ground, around 1pm and were welcomed by a gray sky and rain. Ignoring the rain, we began to set up camp. The girls broke into groups of four and set to work putting their tents together. We had a gourmet lunch shortly after which consisted of peanut butter and jelly sandwiches and fruit. Due to the rain, we opted for some alternative activities rather than hiking. We loaded into the van once more and



headed off toward Bar Harbor. Lucky for us the rain stopped right as we were pulling into town. We parked and decided to take a walk along the shore. We found a nature trail that winds along the ocean with views of the water and boats sailing by. The view was very beautiful. We ended our walk about a half hour later and then decided to make a visit to the Acadia Visitor center to check out all the park had to offer us. We walked around, observing all the books and topographical maps of the park. We then filed into the movie room to watch a short 15 minute film on Acadia. We got to see clips of all the animals in Acadia as well as a glimpse of all the seasons. After the film, we headed back to camp for dinner. With the help of everyone, we chopped up vegetables and boiled pasta to make Gado Gado. It was a very tasty dish of pasta with peanut butter, soy sauce and veggies. We cleaned up, got ready for bed and got cozy in our dry tents.

Day 2

This morning, we got to sleep in a little longer than usual, waking up at 8 am to make breakfast. We all had

bagels and fruit and were greeted by the shining sun and blue skies. Everyone packed up their day packs with a rain jacket, just in case, a water bottle and some snacks. We headed off for Eagle's Crag trail. We made great timing to the summit, 2 miles up and admired the spectacular view of the ocean below us. After a short rest, we regrouped and set off again to Cadillac Mountain. About another hour later we arrived to the summit, which is the highest mountain on the East coast. If you were on top of it in the morning you would be the first person to see the sun rise that day. After the tiring but rewarding hike, we drove to Echo Lake to relax a little and play in the water and sand. Many of the girls were buried in the sandy beach with only their heads visible. The lake was very pretty with cliffs on one side. We stayed until about 5:30 and then headed back to camp for dinner. We made a fire with the help of everyone collecting lots of kindling and then proceeded to throw potatoes wrapped in foil into the fire to bake. We all watched and listened to the pops as they started to smell good. After dinner, we had to continue with our tradition of making s'mores. Besides, what's a camping trip without roasting marshmallows? All the girls had more than enough marshmallows and chocolate and then we headed to bed on full stomachs.



Day 3

We woke up this morning looking forward to Cassie's promise of M&M pancakes. Everyone gathered around the stove to watch the pancake batter being poured onto the pan and smell the delicious aroma of fresh pancakes. After breakfast, we took apart our tents and packed up all our bags. We loaded the van once more and headed back to Wavus. Of course, we had to make one very important pit stop on the way home at Jefferson Scoop Ice Cream.

After everyone was stuffed with ice cream, we continued on our way. When we arrived at camp, we unloaded and began the joy of unpacking. All the girls were great sports and helped wash the dishes and vacuum out the van. We had a great time and I feel very confident in saying that all the girls had a blast and were very proud of hiking up to Cadillac Mountain. We walked away with many new experiences and hopefully lessons to be used later in life!

Cheyenne Cabin

HBC: Margaret Chapin

JC: Megan Lynch

Camden Hills 8/2-8/3

Day 1

We arrived at Camden Hills State Park at about mid-afternoon on Thursday, August 2nd. For some of our campers, it was their first time camping and a great learning experience. We then set up our tents, and after many tries and misshapen tent figures it all came together in the end and everyone was excited to fill them with sleeping bags and pillows. We then had a snack and decided to go on our hike for the day. We hiked the tallest mountain in the park, a total of 4 miles, which was a great workout. Everyone drank tons of water and once we got to the top we marveled at the great view and the breathtaking height. We then had another snack, re-hydrated, and headed back to our campsite. As soon as we got back, we all put on our bathing suits and hopped in the van to take a swim at the public beach at the lake down the road from the park. The girls had a good time playing on the playground and swimming to the dock. Then we all

piled back into the van to return to our campsite to make dinner. For dinner we made burritos: soft tortillas, black beans, tomatoes, avocado, cheese and of course salsa. Then, for dessert, we gathered around the fire and roasted marshmallows and made s'mores. Since we were all exhausted from our hike, we had flashlight time and then went to bed a little bit early so that we could get our well-deserved rest.

Day 2

We woke bright and early the next day and made chocolate chip pancakes. We then packed up all of our stuff and disassembled our tents. After we packed everything in our van, we took one last look around the campsite and made sure we didn't leave anything behind. We wanted to make sure that we were practicing LNT (Leave No Trace) when we were camping. We then decided to go to the top of famous Mt. Battie and see the view of the harbor. Then it was time for us to head back to camp, but while driving through Camden we decided to make a stop and see all the beautiful sailboats in the harbor, and walk around for a little bit. All in all, our trip was so much

fun; the girls all learned what it would like be to set up a tent and share with their cabin mates. They climbed to the tallest mountain and got quite a work out. They all worked together and our trip to Camden hills was a huge success.

Fort Island 8/8-8/10

Day 1

It was thunder-storming and raining like crazy this morning, so we decided to delay our Fort Island trip until tomorrow. We still woke up early to be ready before breakfast and piled into the van for our surprise trip to the Bowdoin College Radio Station! We had a radio slot from 10 a.m. until noon. We told jokes, played our favorite songs and took request calls for songs. The Cheyenne cabin spilt up the DJ duties and all got a chance to talk on the air (live), pick the music (the Flintstone's theme song was a must) and say the radio "tag": "this is WBOR Brunswick 91.1 FM." After our two hours of fame, we all piled back into the van for a quick lunch of ham and turkey sandwiches in the van (the rain was still coming down!). We then drove off to the Maine State Aquarium in Boothbay Harbor where we touched sharks, sea cucumbers, stingrays, starfish, crabs, and a blue lobster. We even saw a lobster which had a claw that was as big as our heads! We played with the crabs and watched, mesmerized, as the sharks circled the tank. When we finally got back into the van, we realized that the only thing missing from our day was a giant ice cream cone, so, naturally, we headed to Round Top for ice cream. We got back to Wavus in time for dinner (Harry Potter Night!) and we still had enough time to pack everything for our trip.



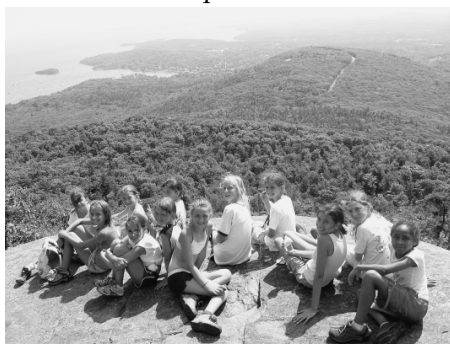
Day 2

Today was a sunny and cheerful as we could have imagined, as we woke up for our first day of the big trip. We loaded all of our gear into the canoe trailer and drove to our put-in spot in Damariscotta at the town landing. We unloaded the boats in record time and began our eight-mile paddle downriver to Fort Island. We had a bit of trouble at first with comfort levels and boat partners but within the hour all of the girls were paddling like rockstars! We paddled halfway to our destination and stopped on a sunny beach for lunch, when we were done with our lunch we were dismayed to discover that the tide had gone further out and we now had to drag our loaded boats down to the water. We overcame that challenge with a lot of sweaty teamwork. We finished the last half of our paddle with a little boost of energy from our Snickers bars. We arrived on Fort Island right as the tide began to change and snuggled safely into our cove with the tide beginning to come in. After a short snack of birthday cake, we went for a swim in the salt water. After an hour or so of splashing in the water and catching hermit crabs, we made dinner (burgers, yum!) and roasted marshmallows for s'mores. We went to sleep to the sounds of the last 20 pages of Harry Potter and the lapping of the waves on our beach.



Day 3

Today was less sunny than yesterday (better for us, less sunburns). We woke up very early thanks to a confusing incident involving a deer dressed up like a dog but really only for a second. We all woke up very hungry and made a yummy breakfast of English muffins, eggs, bacon, cheese and hot cocoa. Then, we gathered our things and packed the canoes down by the water in record time and we were off. The morning bay was full of lobster boats that left us exciting wakes to deal with. We paddled a quick two miles down to "the gut" and spent a good half hour looking for a boat landing to take out the boats. After a rousing concert brought to Bristol harbor by Cheyenne, we found a spot and unloaded our gear into the waiting van and trailer. We had a lunch of new discoveries when the Cheyenne girls tried hummus and pitas for the first time. Then we were on our way home for clean up and a much-needed nap.



Cayuga Cabin

HBC: Kate Marshall

JC: Jenalee Tracy

White Mountains 8/6-8/10

We hopped into the white van at around 7:30. On the ride to Pinkham Notch (where we would eventually start the Tuckerman's Ravine trail), we ate a delicious breakfast of Dunkin' Donuts. We pulled into the parking lot with Sean Kingston's "Beautiful Girl" blaring through the radio; our whole cabin yelling out the memorized lyrics.

The first part of the trail was bland, but the knowing the sense of satisfaction and accomplishment I would feel at the top pulled me forward. As the summit came into view, I managed to pick up my tired legs and hike for the last ten minutes. And as I had expected, the special feeling did come as I kissed the last rock with both relief and bliss.

This was second time climbing the amazing mountain, and although I was still a little upset that I had to do the same trip, I knew and know now that I would do it again. I guess that says something about the view, huh?

-anonymous

...



The trip to the White Mountains was very fun. My favorite part was climbing Mt. Washington; the view was great. Although sleeping in a tent was not a chocolate sundae, I got through it. We had one rainy day, and our stuff got soaked. That day we didn't really do anything, but we ended having a lot of fun anyway!

By Emma Howard

...

The White Mountains trip was fun. We all climbed Mt. Washington together. It was hard, and took 8 hours, but we made it. The view was o.k., but we were so excited to be back in the van.

-India Kline

...

Climbing Mt. Washington was the best experience of my life. It was immensely satisfying, both physically

and emotionally. It gave me a great feeling to know that I can do it, and seeing the view from the top took my breath away. The climb was tough, but the cuts and scars will fade, while the memories will last forever.

Rolling hills, Mountains majesty;
Steep cliffs, Rocky climbs;
Fading colors reflecting America
Home of the brave,
Land of the free.

-anonymous

...

Emerald Pools

Climbing, climbing across slippery rocks, green with moss, like the water below. So high above hand, I hold my breath and soar, floating among the rocks and boulders, visiting my dreams high in the clouds. Then I pivot down, crashing into the glassy jewel of emerald green water. The fierce coldness pierces my body and freezes my emotions to a halt. Climbing myself onto a rock and re-heating my body. Emerald Pools is a frozen majesty waiting to be entered.

-By Brooke Goldner

Cherokee Cabin

HBC: Katie Stone

JC: Malory Furgeson

Bradbury Mountain 8/2-8/3

Day 1

Today we traveled to Bradbury Mountain State Park. Once we got there, we had a nice lunch of peanut butter and jelly, our favorite! After finishing up lunch and getting the van un-packed, we planned our afternoon hike up the mountain. Once we hiked to the summit, we enjoyed a pretty view. After hiking down the mountain, we gathered in our tent groups and made out tents in the shade of the trees. Before dusk, we roasted marshmallows until we were full, and had a talent show at the campfire. Afterwards we went to sleep in our tents for the first time this summer.

Day 2

In the morning, we smiled to a delicious plate of M&M and blueberry pancakes. After cleaning up camp and packing up the car, we began our journey back home to Wavus.

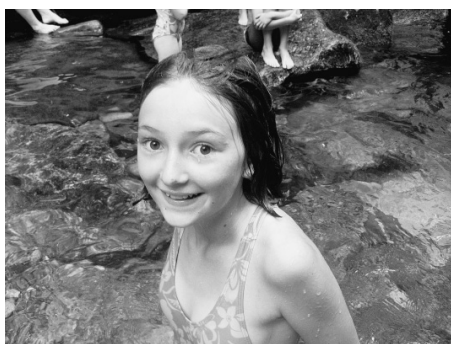
White Mountains 8/9-8/13

Day 1

On Thursday morning, we left right after breakfast for our five-day camping trip to the White Mountains. Our car ride was pretty long, but we managed to make it fly by since we were having so much fun! After we arrived at our campsite, we set up tents and got settled in. We all decided to go on a starter hike to get ready for Mt. Washington. We hiked Pine Mountain. It was just near our campsite, and it was a smaller mountain that had some of the best views on the presidential range. It gave us all a good look as to what we were up against for the next day. At the end of the day, we were kind of tired, but also super excited for our trip to get started the next day.

Day 2

On the second day of our trip, we woke up bright and early excited for our big hike! We hopped in the van ready for the day. On the drive to our trail, we had bagels with cream cheese for breakfast. While we were driving, we saw a moose taking a drink from a puddle along the side of the road.



Once we arrived at The Ammonoosus Ravine trail, we started our hike on the biggest mountain in the northeast. Before we reached our destination, we stopped for the gorge and took pictures of the beautiful waterfalls. We also saw a man who was hiking Mt. Washington in flip-flops! (Whom we later learned, did not make it to the summit). After traveling three miles on the trail, we reached the Lake in the Clouds Hut, where we ate lunch. After refueling our bodies with food and water, we headed up to the summit. While hiking there, the campers of Cherokee got to take turns leading the group up the trail. At the summit, we hung out, took some pictures and replenishing snacks and then began our decent. While making our trip back, we stumbled some but we were also able to see some beautiful views! We decided to take a different trail down the mountain: the Jewel Trail. At the very end of the Jewel Trail, we were all very proud of ourselves and of each other for finishing the big hike. (Not to mention that it took us 11 hours!)

Day 3

After a long and tough day of hiking, everyone needed a rewarding afternoon of fun! We piled the kids into the van after packing lunch and did not tell them where we were going. We drove for a little while when we passed a mini-golf establishment. All of the kid's eyes were glued to it as we drove past. After passing it once, we turned around and went to the mini-golf place. Once we got there, we were told that the only reason that we were here was to ask for directions. After one of the counselors went in and "asked for directions", we were all really bummed that we would not get to stay and play mini-golf. After returning to the car, it

was then announced that we would get to play a round of mini golf. We split into groups of four and everyone got their golf club and their colored golf ball. Everyone did a really great job and we had a lot of fun! After mini-golfing, we wanted to go to Emerald Pools. Little did we know, the day would be so awesome. In our attempt to get directions to Emerald Pools, we were referred to another place near where we were called Lower Falls. Once we got there, we ate lunch of sandwiches and got ready to swim. Frankly, the water was cold. But nobody cared (except the counselors). Then we looked up the river and saw (drum-roll please...), small rapids and mini waterfalls that created natural water slides. But, as we approached them, the current was so strong we all got pushed back and had to work together to fight our way up the river. After we found a good path up, we slid down one by one, as the counselors would wait for us at the bottom. After an hour or so, we headed back to our campsite where we prepared dinner and got ready for an early night to bed. By this point in our trip, we were all terribly exhausted. All and all, it was a day well spent.

Day 4

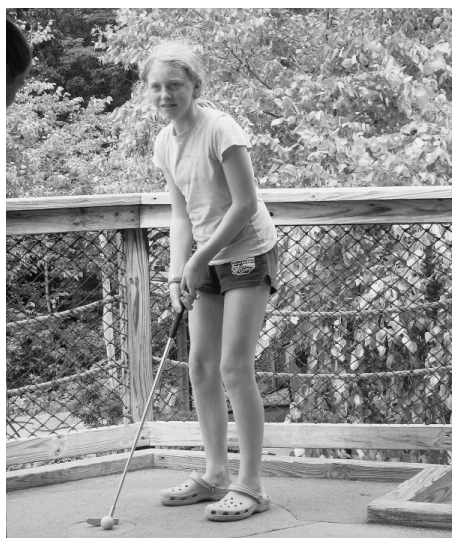
Today we were able to find Emerald Pools. We started with a slow morning including a quick trip to Wal-Mart to get carrots and more peanut butter. After that, we started to pack for what everyone thought was a hike. As we started hiking, we saw people running past us with towels and bathing suits. Soon we all realized that we were going to Emerald Pools. Everyone put on their bathing suits and heading to the rocks to jump into the water. As soon as we hit the water, we realized it was a freezing spring. After jumping

many times, we were all ready for our hike back to the van. The drive ended up being a good bit longer than we all thought, but it was another day well spent and we all really enjoyed jumping off the rocks into the icy water.

Day 5

The last day at the Dolly Copp campground in the White Mountains started late in the morning. We slept in and woke up at 9 o'clock in the morning. Our breakfast consisted of hot chocolate and pancakes. As a cabin, we played a few games at the campsite

before our long trip home. The car ride was long and on the way we stopped at a school for lunch. After we ate our lunch of sandwiches and carrots, we played on the school's playground to try and burn some energy before getting back into the car. On our way back to Wavus, we stopped for ice cream at Jefferson Scoop (one of our favorite summer activities!) and got a tasty treat. Once we got back to Wavus, we spent the remainder of the afternoon and evening unpacking and finally taking showers!



Omaha Cabin

HBCs: Parry Grimm
and Belin McGehee

Bremen 7/30-7/31

Angelique Kemp and Cricket Weymess
Day 1

The day we left for Bremen we had a great breakfast. As we headed to the van with our bags, we got pumped for the night before us. We stopped for gas along the way, for the van ride there. Once we got to Bremen, since there were Kieve boys there, we headed down to the dock to tan and read. Once Kieve left, we had peanut butter and jelly sandwiches and headed out to Damariscotta Mills to swim and jump off the bridge. To reward our hungry tummys, we went to Round Top for ice cream. Once we got back to Bremen, we started to cook dinner, which consisted of cheeseburgers. Afterwards we started to make a campfire for s'mores. After s'mores, we went to the Rachel Carson Tidal Pool and looked for sea glass. When we returned back to Bremen, we were all ready for bed.

Day 2

We woke up and had a breakfast of waffles with syrup. Afterwards, we started to pack and then headed for the van. On the way back to camp, we played some jams and had a dance party.

Baxter State Park 8/4-8/8

Day 1

By Maddie Cady, Sara Thurber
and Erin Gates

We woke up in the morning excited and ready for our trip. We had a great breakfast and the piled into the van. After a long six-hour drive, with quite a few bathroom stops, we made it to our campsite. We set up our tents,

which was a new experience for most of the girls. Then came time for dinner: burritos, yum! We had an exciting moose walk, afterward, though none were to be found. Even without seeing any moose, the scenery excited us for our next adventure: Mt. Katahdin. It was a great first day, and it got us pumped for the rest of our trip.

Day 2: Katahdin

By Ruby Payette and Emmy Peters

When we woke up at 4:45 am, hoping for a real delicious breakfast, we bit into the bagel and cream cheese and discovered that it was not going to be the highlight of the day. We got dressed and by 5:45, we were just starting our hike. We took some breaks, but the best break was when we stopped at the viewpoint for a snack of yummy G.O.R.P. to keep us energized. We continued our trip to the base of the mountain to soon find a once in a lifetime surprise: we were walking and suddenly a man in front of us told us that there was a moose and her baby coming down the path! We ran into a conveniently placed dried up river that was to the left of us. The moose walked right by us and we got some great pictures! We hiked up the mountain and reached a false summit, and then we realized we still had a ways to go. We had lunch on the mountain peak; it had a beautiful view from all angles. We traveled down and made it up and down in eleven hours. We ran once we saw our campsite and then had dinner. Altogether, the day was amazing.

Day 3: Rest Day

By Maggie Kelly and Carly Reed

We got to sleep in and had a delicious breakfast of M&M pancakes. It was a nice sunny day so we decided to go to the water slides which are rocks with water falls going down them.

When we arrived at the rock slides we had a picnic lunch of peanut butter and honey sandwiches. The weather, unfortunately, turned for the worse and it started to rain. We arrived back at the campsite to find our tents had flooded. We were kind of disappointed but we had an extra special dinner that picked everyone up. When we went to bed, we had to switch up the sleeping arrangements so that no one was sleeping in the wet tents, but we still had a blast.

Day 4: Adventure Day

By Dayzee Gaulin and Annie Bonsey

We woke up a little later than usual to a beautiful, sunny day. We had a delicious breakfast of bacon, oatmeal, fruit and hot cocoa. After breakfast, we all cleaned up and prepared a picnic, because we were taking a day trip to the rock slides. We arrived at the rock slides and ate our lunch which included peanut butter and jelly, fruit and lemonade. We then psyched ourselves up to enter the freezing cold water, and to slide down the rocks. When we finally got in, we had a blast slipping and sliding down the rocks. We spent a couple of hours there, then left for a little beach area on Togue Lake. We washed off there in the more moderate temperature water and then headed back to the campsite. Before dinner, we took another moose walk to find some moose but once again we failed. We then prepared and ate a great dinner of Gado- Gado pasta. We also had a special treat of brownies for dessert. We ended the night with a super fun campfire, where we made s'mores and just spent quality time together. We then went back in our tents to spend our last night at Baxter State Park.

Day 5: Ride Home

By Maddie Cady, Sara Thurber and Erin Gates

Tired eyes lifted to grey cold and pouring rain. Pushed on by our counselors, we packed hastily and threw ourselves into the van. Once we were inside the general mood lifted. We had a breakfast of leftover food and munchkins purchased at Dunkin Donuts. After a long drive, we pulled up into Round Top: ice cream never tasted so good. We were all glad to return to camp although there were bittersweet feelings in leaving all our adventures behind. So, our trip ended leaving us with fond memories, happy hearts, and a new confidence in our abilities to do whatever we set our minds to do.





Osage Cabin

HBC: Jodie Sullivan

JC: Jenny Amsden

East Machias/St. Croix 8/2-8/11

Day 1

We started our day at the un-groovy hour of 7am, packing up our overnight gear from Andrews Hall. After spending a good 25 minutes as opposed to the estimated 10, we put our boundary bags on the trailer while our wonderful counselor Jodie tied on the rest of the canoes. We finished packing the communal equipment and loaded it all on the trailer as well. We then scarfed down a scrumptious breakfast complete with bagels, the first sign of this popular breakfast food this session. After that, the Osage clan followed Jodie and Tootles (Jenny) to create our gourmet PB and J sandwiches. Following our sandwich-making, the knight worthy Bob Linker whisked the Osage maidens off to the East Machias River. This bus ride included rock and roll head banging, fruit rolling and prolonged Wendy's bathroom pit stops. When we arrived at the East Machias River, we used our muscles to unpack the trailer and load up our canoes. After saying our sorrowful farewells to our knight, we devoured our homemade lunches and sailed off into the 2 o'clock sunset; we paddled for an hour until the tribal leaders Jodie and Tootles found our campsite. After again using our muscles to pull up the canoes, we pitched our tents and settled in by crazy-creeking in our Crazy Creeks. While hanging out at the campsite, Jodie and Tootles decided that it was time for us to perform our daily bathing ritual which we thoroughly enjoyed. We then changed and ate the delicious chicken/veggie burgers that chef Jodie prepared us. We

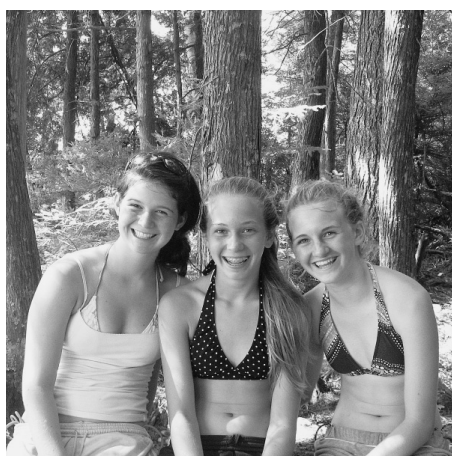
ended the day with a group trip for a Kodak worthy picture at the toilet after which we decided it was time to rest our weary heads on oversized roots with our backs on boulders, so we slept.

Day 2

Waking up was only the start of our journey; 6:30 am, the time we were supposed to wake up, flew by so fast. At 7:20am, we checked the watch and groaned. We were late, but breakfast was good. Paddling was easy at first because the water was calm, but after a while it started getting windy. We made it to the campsite and played a game, read our books and ate our dinner by the glistening aqua blue water. Right as we thought the day was over we heard a crash. Everyone woke up. Thunder and lightening went on for at least 5 hours. It was the worst, scariest, yet fun storm EVER!

Day 3

We woke up to a breakfast of cold oatmeal; it wasn't necessarily delicious, but it was enough for us to get a good start on our longest day on the lake. We started with some easy lake paddling then we came to some very rocky, but fun, rapids. After the rapids, we found ourselves on a long marshy stretch of river. Along that stretch, we saw a very rare piece of nature, a bald eagle. It was beautiful. When we reached the end of the long stretch, we came out on a huge lake. Luckily, the wind was with us. One more obstacle ahead: we had to portage...well more of a drag over some rocks. We were happy to know that our campsite was right around the corner. We set up our tents on a huge field and headed over to Jodie for a very healthy dinner of chocolate and marshmallows. It was delicious and much better than cold oatmeal. After dinner, we slumped off to our





tents knowing that in the morning we would be hopping onto the bus and on our way to our next challenge...the St. Croix River.

Day 4

This Sunday started off by sleeping late. We continued on packing up our tents and gear. The bus came, we loaded our gear. The ride was filled with fun music and Crunch ice cream bars! We arrived at the launch, unloaded our gear and had our lunch of PB&J sandwiches. We canoed to our campground (Birch Island), hung out, and went for our swim/bath. We then had a "delicious" meal! We watched the sunset and went to bed.

Day 5

We paddled from Birch Island to Perkins Cove. From there, we paddled to Hardwood Island. One boat, however, got blown to the other side of the land and had to paddle to Pettingill Point to unload their canoe and boost back to the group. In the meantime, three boats stopped on a large rock in the lake in between the islands because the wind was too strong. Two boats were able to paddle to the rest of the group on one of the islands and inform them of the situation. The last boat on the rock was getting tired and couldn't paddle in the wind, so they decided to try and swim. The people on the island sent a "rescue canoe" to them. Everyone got back together, collected the gear on the other side of the lake and paddled towards Todd's Island. As we approached the island, it started to rain, yay! We landed on the island in record time, set up our tents and ate our pasta under the wicked tarp. It was a little chilly outside so we got some hot chocolate and took it to our tents. We got ready for bed in anticipation of an early morning wake up.

Day 6

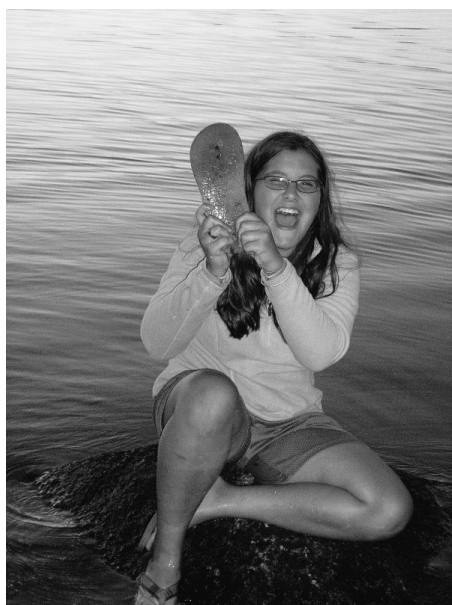
Today we woke up at 4:45am. We packed everything up and left by 5:50am. As we paddled across the lake, we witnessed a beautiful sunrise. When we reached the dam, we took our gear out of the canoes and the canoes out of the water. We had our breakfast of granola, yogurt, and fresh fruit. The portage down the road to a little trail went well, thanks to the help. We began to paddle on the river. A few mishaps later, we hit the rapids but no one flipped...Nellie's and Jodie's doesn't count- no rapids. When we reached Little Falls we portaged around the Class III rapids and set up our tents by the water, had "tea"/dinner and went to sleep to the sound of rushing water.

Day 7: Service Day

We woke up at 7:30 am and had a quick breakfast of instant oatmeal before getting ready to cross the rapids over to the other side of the river - the US side. After all of the canoes were ready, we made our daring journey across the base of the rapids. Once we were on the other side, we met Dennis who informed us on what we would be doing. We loaded all of the gear we would need into the canoes and headed back over to the Canada where we would be doing some work. We worked for about 30 minutes hauling buckets of sand to smooth out tent sites and were rewarded with freshly baked chocolate chip cookies. After we returned to our tents to rest, it started to rain. We finished the day with a dinner of rice and beans.

Day 8: Little Falls to Loon Bay

Today we had a 7:00 am wake up, and we were on the water by 9:00. It wasn't an exciting paddle, but there were rapids to go over. It took us



about 4 to 5 hours. We finally reached Loon Bay. Our campsite was at the other side of the bay. The wind was hard and against us but we made it through. When we got to our campsite, we set it up as usual and played games. One such game, "The Banana Split", was introduced to us and we had to complete it in order to have some "tea".

Day 9

The Osage cabin awoke at 7:00 am to a cool, calm morning, with mixed feelings about our last full day of paddling. We packed up in record time and clambered into our canoes after a breakfast of granola...delicious. Soon we stumbled upon "the ledges", an exciting and intense Class III rapid. After much consideration, we set forth one by one to put our steering and paddling skills to the test. The journey down was smooth and the Osage girls proved themselves once again. The rest of our journey was uneventful apart from a hardcore game of splash tag. We arrived at our beautiful Egg Point campsite feeling proud! The girls enjoyed an afternoon of feeding the famous turtle that inhabits the eddy, and eating some delicious poppy seed bread. After a relaxed dinner, we reflected on our trip as a group and what we had learned about ourselves. We went to bed feeling accomplished and happy.

Day 10

We started our last day waking up at 7:00 am and having a breakfast cleaning out whatever we had. Then we loaded up the canoes very fast. After we started our journey of the last day, we paddled for 20 minutes then switched partners while on the water. We finally made it to the dam and parked our boats. Some

people, however, were distracted by the awesome smell of a dead fish on the grass. Finally, we unloaded everything and we waited for "The One." We all cheered as "The One" drove up. We loaded up the canoes and put our boundary bags on the roof of the bus. Everyone got annoyed by the huge army of bugs, but we made it through their attack and hopped on the bus. We were off on our 4½ hour drive back to Wavus. We listened to a bit of Bob and Queen and had lunch at Subway, ate Skittles, and attacked ice cream on our journey back.

Most memorable nature moment: the numerous Bald Eagles...wicked.



Ojibway Cabin

HBCs: Hadley Miller
and Mary Anna Lynch

Appalachian Trail/Sea Kayaking

8/1-8/12

Day 1

After a delicious, sugar-filled breakfast of Pop Tarts and apples, the stellar Ojibway Cabin hopped into one of our good ole white vans and headed out for what was sure to be a real adventure! Both a little nervous and excited, we all sipped quietly on our Nalgene's filled with water while being serenaded to the music of Katie Moulton's ipod. Throughout our two and a half hour drive we stopped *at least* three times to use the bathroom as Mary Anna continued to insist that we each finish both our bottles of water. A few minutes after our final pit stop which was requested by Elise who simply couldn't hold it another second, we finally arrived at our destination. Just past a ranger station in Caratunk, we pulled over on the side of the road only to find another large group of young girls in white van very similar to ours. While Katie went down to the river to check out the ferry situation, Hadley and Marry Anna unloaded the trailer and then helped all of the girls adjust their packs. Most of the packs fit quite well after adjusting a few straps and such, however, both Claire's and Hailey's seemed a bit too large. Once all of our packs were on our backs and we had grabbed the box of lunch out of the front seat, we crossed over the road and headed down a short trail to the Kennebec River. There at the river we met a man named Steve who was to ferry us all across the river in his little red canoe. Unfortunately, the other group of French-Canadian girls had gotten to

the ferry before us so we had to wait a while for them to cross. While waiting for the ferry we decided to make lunch. All of us except Ali, our vegetarian, ate delicious Turkey sandwiches with Swiss cheese and mustard. After eating lunch, we all went two by two across the river in Steve's little red canoe. In the process, we realized that the fuel bottle Carey had been carrying had leaked its entire contents inside the canoe. Fortunately we had brought extra fuel with us so we weren't in any real trouble, but we made sure to check that all of the other fuel bottle caps were screwed on nice and tight. Around 1:00 pm, after taking numerous group photos in front of the Appalachian Trail sign and getting a short lesson on how to use Polar Pure, we finally began our adventure. With Claire leading the way we moved at a slow but steady pace, stopping often for breaks. Not yet used to our heavy packs, we were all a little wobbly and a number of us took a few spills! Around 4:00 we finally arrived at the Pierce Pond Lean-to. Unfortunately for us, the campsite and lean-to had already been claimed by the group of French Canadian girls and a couple of thru hikers. After studying the map it looked as though there might be a place to camp just a little farther down the trail. After hiking for about an hour and finding no sign of a campsite, we decided to set up camp on the first bit of flat ground we found along the trail. Swarming with mosquitoes, our little campsite certainly wasn't ideal but we were all tired and hungry so it didn't seem to matter much. We threw together some burritos using tortillas, chicken, beans, cheese and salsa. After dinner, we all climbed into our tents and talked among our tent mates for a while until we all finally fell asleep.

Day 2

Today we arose bright and early around 6:00 a.m. and ate a quick and easy breakfast of yogurt and granola. We were on the trail by 7:30 as we were determined to move quickly in order to beat those French Canadians! Aiming for the next lean-to and campsite at West Carry Pond, we knew we had a long day ahead of us. We must have all had the first day jitters because as we hiked our group was extremely quiet. Fortunately for us though, we were also quite speedy! We hiked the entire nine miles in only five hours, making it to the campsite just in time for lunch. Once we arrived at West Carry Pond we ate a yummy lunch of peanut butter and jelly on bagels while in the company of three thru-hikers who were hanging out in the lean-to. Two of the hikers, who were south bound, and had just begun, were from Macon, GA – we could tell they were southern by their accents. Hadley and Mary Anna were excited to run into some fellow southerners! The other thru hiker was named Steve, however, he asked us to call him by his trail name Barbarosa meaning ‘red beard.’ We had first met Barbarosa while crossing the Kennebec as he had been waiting there for his re-supply of food to arrive at the hostel. After eating lunch and setting up our tents, all of us decided to go for a swim as it was a beautiful day and we had worked up quite a sweat over the past 9 miles! The water felt wonderful and quite refreshing. After swimming, we sat around and listened to Barbarosa tell stories about his days on the trail and chatted with the group of French Canadians who had arrived while we were swimming. Later we made Macaroni and Cheese for dinner and realized that we had forgotten the spice kit. Without

salt and pepper the pasta was a little bland to say the least! After dinner, we all went and sat on the rocks by the lake and witnessed a beautiful sunset. Once it was dark we all climbed into our sleeping bags and fell right to sleep.

Day 3

Following a delicious breakfast of whole wheat bagels with peanut butter and honey, we got a rather late start around 9:30 and headed on our way to Flagstaff Lake. We hiked about 4 miles climbing over Round Top Mountain. We arrived at Flagstaff Lake just in time to beat the approaching thunderstorms. As soon as we had set up our tents in quite cramped quarters, the rain began to pour. After about 45 minutes the rain let up and we all went tubing in the beautiful, warm, lake! As soon as we had dried off, however, the thunderstorm returned. We crouched in our tents on our thermarests as the lightning struck and the thunder crashed. As the thunderstorms continued, Hadley and Mary Anna made cold pizzas on English muffins and delivered them straight to each and every tent! What nice counselors! After eating the pizza, we all fell asleep to the sounds of the storm.



Day 4

Luckily, when we awoke this morning the rain had passed and the sun was shining over the lake. Once again we got a rather late start and cooked some warm hearty oatmeal for breakfast. After doctoring up all of our blisters, we started on the trail at about 10:00, stopping for our first break at the Little Bigalow lean-to. While at the lean-to, we filled up our water bottles in the spring and used the lovely outhouse. From there we took our sweet time climbing over Little Bigelow Mountain. We had Fluffernutters for lunch (peanut butter and marshmallow Fluff on bagels) and stopped at the top for an hour long photo shoot. At about 6:00pm, we finally made it to Safford Notch campsite. We had some difficulty with our stoves, however, but we finally ate delicious Rice Pilaf for dinner. Following dinner, it was dark and we were all tired so we climbed in our sleeping bags and went to sleep.

Day 5

We awoke this morning around 7:30 a.m. and ate a yummy breakfast of chipmunk-chewed bagels with peanut butter and honey. We immediately began our trek to the first peak of Bigelow Mountain. The climb was rather steep, but the view from the top was totally worth it! Once at the top we took lots of great pictures and ate another delicious lunch of crumbled pitas with salami and mustard. We also each ate a Snickers bar which tasted AMAZING! Just before lunch, while taking pictures, we were pleasantly surprised by a lovely little snake which came from out of the rocks! After resting for a while at the top we headed on our way down to Avery Memorial Campsite stopping for a brief moment to stop Ali's nose bleed (our fourth one

of the trip!). Once at the site, about a half a mile later, we set up our tents on four different tree platforms. The water here was quite scarce – only a small spring full of mucky but cold water. After discovering a small funnel and a strainer, we were finally able to get water. After struggling once again with our stoves, Hadley and Mary Anna finally served up some delicious Gado Gado – a favorite for some, but not for others! After cleaning our pots, we all headed to bed and because it was such a beautiful night, Laura, Ali and Hadley decided to sleep outside underneath the stars!

Day 6

This morning, we ate oatmeal for breakfast and headed out to our next campsite at Horns Pond. The hike was very up and down but was only about 3.2 miles. We hiked fast, stopping only once, in order to beat the impending rain. Luckily, we made it to Horns Pond just as the rain began to pour. We ate peanut butter and jelly on tortillas in a lean-to with a few other hikers who were looking to take shelter from the rain. After lunch, we moved to another much larger lean-to and pulled out our long underwear and sleeping bags as it was getting quite cold. We stayed in the lean-to the rest of the afternoon and into the night because the rain and storms just wouldn't stop! For dinner we made M&M pancakes with the help of Laura and Bay. Afterwards we all ate brownie batter out of our bowls. All 13 of us slept quite snugly in the lean-to. What an experience! We were just a little sad that we didn't get to swim in the pond as we had heard it was really nice. The privies at this campsite were very impressive – all of the waste is composted so that the privies don't smell nearly as bad as most.

Day 7

On our final day of backpacking we woke up around 6:00 a.m. and ate bars for breakfast as we were in a hurry to meet Vicki at Stratton Brook Pond Road. The hike to the road was about five miles and most of it was downhill. We took quite a few spills on the way down as we had to climb over lots of slippery rocks. Around 11:30 we met Vicki at the road and she had brought us two big boxes of doughnuts! About an hour later we stopped in Farmington at McDonalds for lunch. While we were there, one of the employees who was an elderly lady challenged each of the girls to an arm wrestling contest. After lunch we drove another hour and a half to Bremen where we met up with Chelsea who had been at a softball tournament. Our plan had been to paddle out to Crow Island for the night, however, there was already a large group of people staying there so we had to set up our tents at Bremen instead. For dinner, Claire made us delicious burgers on the new Coleman stove and later Cara, Hailey, Emily and Alaire helped gather wood for a fire so that we could make s'mores.

Day 8

We woke this morning to lots of rain and fog. For breakfast, we ate yogurt and granola with fresh blueberries – yum! The rain continued to pour on into the afternoon. We hung out in the boat house and played Mafia while dancing to the radio. Finally, around 4:30, the rain stopped and we began to pack up our kayaks. Lucky for us, while we were packing, Laura's wonderful mother brought us three boxes of delicious pizza! Around 6:00 after filling ourselves with pizza, we paddled out to Crow Island. To our great disappointment, once again a

large group had already beaten us there. Since it was already getting late we decided to paddle back to Bremen rather than risk paddling to Thief Island in the dark. Because it was such a clear and beautiful night we decided not to unload the kayaks and instead we all slept in our sleeping bags underneath the stars. All of us saw tons of shooting stars and luckily we were never awakened by any rain.

Day 9

Wanting to be sure we could get a campsite, we awoke extra early this morning and paddled out to Thief Island. Luckily no one was there yet so we immediately set up camp. After putting up our tents, we ate a lovely lunch of cheese and pepperoni on pita bread and then spent the rest of the afternoon soaking up the sun. For dinner, we made Fettuccine Alfredo with chicken and for dessert we ate scrambled brownies. Both were huge hits! There were lots of yummy raspberries all over the island which Alaire was especially fond of picking. There were also millions of flies that loved to bite us! After dinner we all headed to our tents for a good night's rest.

Day 10

We had a very leisurely morning making M&M pancakes and taking our sweet time packing up our kayaks. Once we were all ready we paddled over to Black Island where we ate lunch on the beach and hung out for a while. Later we paddled down around Cow Island and worked our way back to Crow Island where we were planning on staying. Of course it was just our luck that Crow Island was once again filled with tents! Since we knew we had to wake up early to meet Katie Moulton we decided that we would have to

spend yet another night at Bremen. Once at Bremen, we unloaded our Kayaks and ate some delicious Gado-Gado, Tomato Soup and Brown Sugar Pop Tarts. What a combination! After seeing so many stars the last time, we decided once again to sleep underneath the stars rather than in our tents.

Day 11

Today we woke up around 6:30 am so we could be ready to roll when Katie arrived at 8:00. We were all ecstatic to see Katie, who helped us load all of the kayaks and gear onto the trailer and then took us by Yellowfront Grocery to get a yummy breakfast of muffins and apples. We also grabbed a few bags of chips and cookies for later. After finishing breakfast in the van, we put the kayaks in the water by Schooners and paddled up the river to Lake Damariscotta. Portaging over the dam was quite an experience but with the help of everyone we did it in excellent time! Our reward for the portage was a yummy lunch of turkey sandwiches, chips and Oreos. Then after lunch we all jumped off of the bridge into the lake and helped an elderly lady take her dog for a swim. After jumping and swimming for about an hour we paddled up the lake to the Finnemores' where we were supposed to camp for the night. After setting up our tents and grilling hot dogs were informed by Mrs. Finnemore that we were in the wrong spot. Oops! Fortunately we were only about 100 yards from where we needed to be so we simply picked up our things and set up camp

one more time. By the time we finished setting up our tents for the second time it was already quite dark so we all climbed into our tents and fell right to sleep.



Day 12

Today is our last day and as much as we are all sad that trip is over we are also all anxious to get back to camp. After paddling only a short distance - but what seemed like forever! - we were finally back at camp!



Allagash Cabin

HBCs: Huntley Chapman
and Leah Agren

Allagash River 8/1-8/13

Day 1

We awoke at 4:00 am and slowly cleaned our cabin and finished packing so that “the One” could pick us up at 6. After 6 hours of traveling, we arrived at Hannibal’s crossing and paddled about three hours until we reached our campsite, Big Island. The weather was absolutely perfect and for dinner, we had Huntley’s favorite meal, hotdogs!!

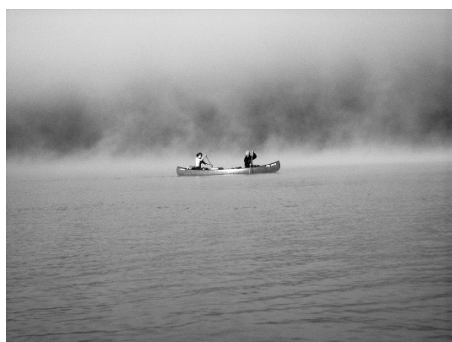
Day 2

We woke up early again and had a quick breakfast of granola and yogurt. We paddled the rest of the stream into Chesuncook Lake. We then stopped at Chesuncook Village for an incredible treat of root beer and fudge. Afterwards, we proceeded to head north of Gero Island and were fortunately guided by tailwinds. Overall, we had an exhausting, sun-filled day. Dinner was nice and the campsite was sweet, aside from the mosquitoes.

Day 3

We had another early morning of 5:00 am to prepare ourselves for the infamous Mud Pond portage. It was definitely the longest and worst portage ever. Everyone switched into tennis shoes so that it would be easier to tread through the knee deep mud/ water. It was a struggle for everyone, including Huntley and Leah. After about two hours of portaging, we ate a quick lunch around eleven and the terror soon began with a rumble of thunder, followed by huge bolts of lightning, leading to even more terrifying thunder. Huntley quickly taught the girls lightning protocol

and we were in lightning position five minutes later. We were scared out of our minds! We could hear trees falling and even hail was pounding at our heads: it was probably one of the worst storms to strike the area. After it blew by, we resumed portaging by carrying all the gear to the end of the trail first. We then walked back about a mile to finish carrying all the canoes. Our necks and arms were in unbelievable pain, and it wasn’t long before we had to get in lightning position again. While some girls were in tears, others believed singing was the only way to get through it. Either way, it was still very scary. After that storm ended, we finally finished the rest of the portage even with a huge tree that had fallen over the path during the storm. We basically had to throw the canoes over the tree. Once we reached Mud Pond, we began paddling/ pushing ourselves across it (it was only 6 inches deep). Once the girls found the stream, we rode it into Chamberlain Lake, where we were once again stopped by lightning and had to pull to shore. Sure enough, we were all sitting in poison ivy! The day could not have been worse! Although it had not exactly cleared up outside, we decided to make a break and cross the lake in hopes of maybe making it to Gravel Beach. Unfortunately, the lightning would not let us continue and we were forced to make our on campsite in thick woods. We literally had to break off branches to make room for our tents. Everyone was pretty much miserable by this time, but we stuck it out and made the most of it. To end the day on a good note, our dear campers made incredible quesadillas and served them to Leah and Huntley in their tent. It was the best, most rewarding part of the day.



Oh, and another violent storm came through during the night. It was by far one of the scariest days of our lives.

Day 4

Once everyone awoke, the paddle to Gravel Beach was quite simple and only took about 20 minutes. After our arrival, Huntley, Greer, Genna, and Lauren soon departed for the re-supply. The re-supply girls were greeted by Katie Moulton and were extremely happy to see her and all the special treats she brought us. Once they left for Gravel Beach, the girls were soon hit with strong winds and lightning. What a surprise! Luckily, the ranger was out and gladly offered them a ride back to Gravel Beach in the boat. Boy did he save the day! Once, the girls made it back safely, the rest of the day was amazing and everyone had a fabulous time chillaxing at the beach.

Day 5

Day five was an extremely long day and a very hard paddle. Once again, we were up early. This time at 4:00 am so we could beat the winds on Chamberlain Lake. We paddled to Lock Dam and then rode the stream into Eagle Lake, where we saw our first moose! After that, the winds grew worse, making the paddle across Eagle Lake extremely difficult. For the majority of the day, it did not feel as if we were moving because the wind was blowing directly into us. After an exhausting day, we finally arrived at Pump Handle and shortly went to sleep around 7:30. Ahh, the pleasures of camping!

Day 6

Waking up early every day is getting old, but we rose early once again to beat the winds. Taking advantage of the nice weather at John's Bridge a few of the girls got to take a dip! After

that we were plagued by the wind and had to stop again before reaching our destination at Jaws. Next year, we're gonna learn how to sail instead of stop! The campsite was reached just in time as the rains poured down all around us.

Day 7

G O R G E O U S ! S u n n y !
Faaaaaaantastic! Half of us got a nice tan and half of us got a painful burn. Jaws to Chase Rapids where the extreme team raged the river while the rest of us portaged around. Umsaskis Lake came after that, big and beautiful. Then, Long Lake after that. When do we get to the river? At our campsite at Jalbert, we hung out with a Boy Scout group playing cards and cooking dinner.

Day 8

Yet another early morning for the Gash girl crew. Who's that up ahead? Kieve Kieve! The boys were astonished that we had caught up so quickly. We passed with a smile and a quick hello. We still had some hard paddling ahead. The weather grew dreary and cold and though we had a tailwind we were forced to quit across the lake from our campsite. Oh well, the Inlet campsite was spectacular and we got to see some of our fellow river travelers from earlier in the trip. The boys gained on us and then finally passed by.

Day 9

Its beeeeeeeeeeeeeautiful out! One small problem though: it's 40 degrees in the middle of August! Lots of paddling today; we stopped a few times, once at a ranger station to check campsite availability. Charming scenery: marshy then to river again then back to marshy then river, but the paddling was quick and easy with the current to help us along.

Day 10

Rest day! Rest day! Allagash Falls is simply marvelous! We swam and explored and talked to other travelers all day long. Huntley, Genna, and Greer met Wes and Brian, two solo canoeists, who gave them some M&M and Coca Cola while the others missed out due to much needed long afternoon naps. Took some really good pictures today that I can't wait to show everyone at home. Huntley and Leah won't let us eat now, until they have pre-approved dinner. I think they know we are sneaking food sometimes!

Day 11

Sooo cold out! Maine weather continues to astonish me day after day. Cut our packing time down from an hour and fifteen minutes to a half an hour (BIIIIIG improvement). Cereal and powdered milk for breakfast yuuuuuuuumm (sort of). This was one of the best paddling days so far. With the land around the river becoming more interesting and the current moving quickly, all frustrations from the first few days of trip completely disappeared. Our arrival at Allagash Village met reuniting with Brian and Wes and a few other groups we had seen earlier in our trip. Huntley and Leah bought us Gatorade and chips - ya know, real good healthy stuff! We got to play on the playground across from Allagash Outfitters. Back at the campsite, we baked in the sun and got eaten alive by blackflies.

Day 12

Peace out, Allagash Village! A lazy, flowing 15 miles left us at Pelletier's Campground to wait around until Vicki picked us up. We portaged our canoes one last time and talked about our incredible journey and all the fun we have had. Vicki brought pizza

and mail and news from the outside world. We took the trip by van this time to Penobscot Outdoor Center in Millinocket, Maine.

Day 13

Kieve brothers and Wavus sisters together on the river; this day could not have gone better! With our 3 raft guides managing to keep us all in the boat for the most part, we experienced Class five whitewater up close and personal. We tossed a football from raft to raft in the flat water and just generally messed around all day. SO much fun! Such a great trip!! The eleven of us passed right out in the van and then a little closer to camp on our way back up, we came up with cheers to sing to announce our arrival and describe our adventure!





Iroquois Cabin

HBC: Sara Taylor

JC: Izzy Huston



100 Mile Wilderness

Day 1: Leeman Brooke Lean-to

Some of the girls had an early morning, waking with anticipation (but mostly to shower) at 4:16 am. Claire and Sommers spotted a mysterious visitor doing some strange things outside of the cabin, but they thought nothing of it and began to pack. By 7:00, everyone was packed and ready to head out into the wilderness. After a quick breakfast of cereal and granola, we said a tearful goodbye to Amy and loaded into the van. On the drive to Monson, most of the cabin fell asleep, but the ones who stayed up were privy to some of “The One’s” fantastic dance moves.

We started our three-mile hike from the trailhead off of Route 17 at Monson at 10:30. The trail was hilly and surprisingly narrow, but we didn’t gain much elevation. We arrived at Leeman Brooke at just past 12:30, having completed our first day in 2 hours. When we got there, we pigged out on G.O.R.P. and made friends with a copiously bearded thru-hiker.

The afternoon was spent napping and playing mafia. Dinner was a sordid affair, as the stoves took some work to get going, but after about thirty minutes of fooling around, we were able to cook our quesadillas. After dinner we shared songs and s’mores with a group of girls from camp Mara Vista who had also started their 100-mile trip that morning. (Sommers Kline)

Day 2: Wilson Valley Lean-to

The day began early. We awoke to the other camp group singing a beautiful but melancholy song. While

they were singing, we rolled out of our sleeping bags and got ready for the long hike ahead of us. We ate a simple breakfast of pop tarts, and were on the trail by 8:20. We walked all morning with few breaks. By lunchtime we reached Little Wilson Falls, where we stopped for a cliff bar and a swim. After an hour or so we resumed our hike. We passed by some breathtaking views, and, before we knew it, reached our first river crossing. It was difficult and slippery, but all the girls made it across without falling. After drying our feet and putting our boots back on we started our final ascent. We arrived at the lean-to at 4:30 and set up camp. We were all tired and relaxed in the lean-to for a good amount of time. Dinner was quesadillas again, but they went much better as the stoves were working efficiently at this point. (Claire Hirschberg)

Day 3: Long Pond Stream Lean-to

An early morning thunderstorm woke us at about 3:00 am, but everyone managed to fall back to sleep until our 5:30 wake up. At that time, we pulled ourselves out of our warm sleeping bags and groggily packed our tents. After a breakfast of dry granola we were back on the Appalachian Trail for another action-packed day. We got off to a good start, but as the terrain got tougher, so did the breathing. After 5 hours, 8 asthma attacks, and only 4.7 miles covered we decided to stop and set up camp short of our original destination (Cloud Pond Lean-to). So, instead of prolonging the tedium of our slow pace, we set up our tents and spent the afternoon relaxing by the waterfalls of Long Pond Stream. After our swim, we went back to our campsite where we met some interesting thru-hikers. One of them was a South Carolina

school teacher who had been section hiking for the past 16 years and was on his way to finishing his last 100 miles. He was very impressed by our group and we enjoyed talking to him. (CH)

Day 4: Base of Third Mountain

Today we woke up at 5:15 am. We swiftly ate our granola breakfast and got on the trail by 7:40. The first mile of our route was tough because it was all a steep uphill, but the girls handled it well. After a couple of hours of hard hiking we reached the summit of Barren Mountain. There we relaxed and shared the great views with a couple of other hikers. Our next stop was Cloud Pond Lean-to, which we reached after a considerable amount of asthma trouble. There we ate lunch and waited for a small thunderstorm to pass.

After lunch, the hiking went by more easily. We made good time over relatively flat ground. The climb over Fourth Mountain was tough, and Claire's asthma made it more challenging, but we got up and over with relatively few hitches. The descent was very steep and we moved slowly but consistently. As we reached the tree line, another storm moved into position above us. As it worsened, the girls went into lightning protocol and Sara and Izzy found a relatively flat spot on the side of the trail where the group could spend the night.

Day 5: East Chairback Pond

We started our day at roughly 6:00, packing up and eating a brisk breakfast. During the course of the hike, there were a few asthma difficulties, but everyone did exceedingly well. We crossed over the tops of Third Mountain, Columbus Mountain, and Chairback Mountain.

During our last mile we met a couple of groups who had been unable to find

the place that we were hoping to camp. Despite our nerves, we were able to find the sign guiding us off the AT to East Chairback Pond.

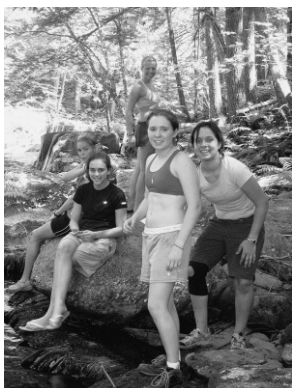
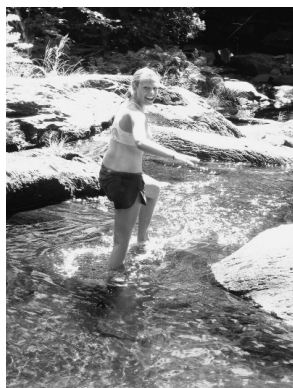
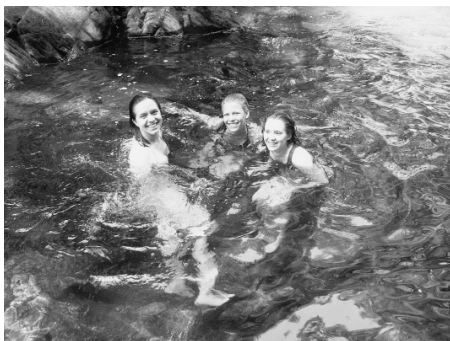
After setting up camp, we relaxed by the pond. It was nice despite the fact that the pond was shallow and its bottom mucky and disgusting. In the evening we relaxed and ate yet another dinner of boxed rice followed by hot tea and a warm sleeping bag. (Megan Cohen)

Day 6: Carl A. Newhall Lean-to

Brrrr it was cold this morning! We rolled out of bed at 5:00 am and ate grape nuts and granola for breakfast again. Today was our re-supply day, so we were excited to get on the trail and meet Katie who was waiting with clean clothes and fresh fruit. We arrived at our meeting point early, and so the girls spent their time making cornmeal pancakes and sunning themselves. Katie arrived at about 9:30 with a special surprise: Mrs. Hirschberg! After six days of bad asthma attacks the decision was made that Claire needed to go back to camp. After Sara and Izzy ate all the cookies that Katie brought we said a sad goodbye to Claire and began our hike through the Hermitage. The next few miles were flat, and Meg and Kristina pushed the pace to its maximum. At the lean-to, we relaxed, stretched our sore muscles, and washed our clothes in the stream. Dinner was a spectacular meal of pita pizzas with extra cheese, cooked with love by Izzy. (MC)

Day 7: Logan Brook Lean-to

We rose at (what was now) the customary 5:00 am to a very chilly morning. It would have been the perfect morning for a hot meal and tea, but we were concerned about conserving fuel, so we ate pop tarts instead.



We started walking at about 6:15 am. We had to make an emergency stop halfway to the top of Gulf Haggas Mountain because Meg's ankle was bothering her. But after we wrapped it up we kept on moving at a steady pace. We stopped for a long, pleasant lunch of energy bars and carrots in the valley between Hay Mountain and White Cap Mountain. After lunch we headed up to the windy summit of White Cap where we caught our first glimpse of Katahdin. Although the summit was covered in clouds, it was still impressive and exciting. We arrived at Logan Brook in the early afternoon and set up our tents just in time to take shelter from a heavy rain. (Kristina Kronauer)

Day 8: Cooper Brook Lean-to

The morning started frosty and slow. We broke our fast with some crumpled blueberry pop tarts before heading out. Time was not an issue, though, as this was our first relatively flat day. It was however, our longest day, but that didn't stop us from taking our time. After a river crossing, we had our first long break of the day. We relaxed and let our feet dry while munching on various and sundry granola bars. Later, we crossed some steep terrain that was not kind to knees or ankles, but the girls persevered, making it to the sandy shores of Crawford Pond where we stopped for a well-deserved swim. As we continued to our final destination, the group chattered constantly, sharing stories about all aspects of their lives. When we arrived at Cooper Brook, the lean-to was taken over by a group of boys, but we found some nice, flat tent sites to set up on. Kristina made an excellent dinner of stir-fried vegetables and rice (it was intense, just like her). After dinner we taught each other

some songs before drifting off to sleep. (Chrissy Cuneo)

Day 9: Potaywadjo Lean-to

After a long sleep next to the rushing Cooper Brook falls, we awoke at 6 in the am and got packing. Breakfast was a quiet affair of granola and powdered milk, which we ate while watching our khaki-clad lean-to stealing neighbors get on their merry way. After fifteen minutes or so of steady hiking, the heavens opened upon us and we were caught in a heavy deluge. It was the kind of cold, steady rain that comes with oppressive grey skies and makes a person long to be safely inside a cabin, feet safely ensconced in a pair of shearling slippers, cup of hot cocoa in hand, listening to the sounds of Wavus. But instead, we intrepid hikers slogged onward, putting eleven miles behind us with only the squelching of our saturated boots and the dull roar of the rain in the trees for company. After seven solid hours of tramping we arrived at the Potaywadjo lean-to. The lean-to is, as the Kiwis would say, "quite flash" with corrugated plastic skylights, a grey water pit, and a very nice privy. Upon our arrival at the Ritz of all lean-tos we hung up all of our wet clothes and gear (including, for some unfortunate souls, sleeping bags), and settled in for a long nap. Dinner was a fantastic meal of Gado-Gado prepared by Izzy and Sara. Once our bellies were full we laid back in our little wooden shelter and drifted off to sleep, hoping that the large, scary spiders and abundant rodents that shared the space wouldn't come out to play in the night.

Day 10: Wadleigh Stream Lean-to

This morning we enjoyed the rare treat of sleeping in. We woke up slowly and began to pack as we discussed

what “visitors” we had encountered during the night. We also had our first warm breakfast of the trip: oatmeal. After polishing off two days’ supply of breakfast in one sitting, we set off. After a short while we stopped on the shores of Nahmakanta Lake and saw our first unobstructed view of the granite monolith that is Katahdin. The trail continued to stay flat as we hiked, although it was rocky and full of roots. The day’s most exciting moment came when we found a crutch hanging in a tree on the side of the trail.

Meg, who had been using a walking stick to help support her ankle, grabbed it immediately. Soon after we came upon the crutch, we stopped for a good rest at a beautiful gravel beach. The trail followed the shoreline of the lake, sometimes even leading us onto the beach for a stretch. When we reached Wadleigh stream we shed our packs and relaxed, resting our aching bodies. Dinner was a delicious meal of mac’n’cheese that we scarfed down before heading to bed feeling fat and happy. (CC)

Day 11: Rainbow Springs Campsite

We woke at 5:30 and levered our tired bodies out of bed. Breakfast was a somewhat experimental meal: one packet of Cream of Wheat per person. After deciding that it was not the best breakfast we ever had, we heaved our bags onto our backs and set off on the trail. Our day started with a difficult climb, but the views from the summit of Nesuntabunt Mountain were well worth the strife. After an extremely quiet 8.1 miles, we arrived at the Rainbow Stream Lean-to. There we stopped for a lunch break and played with an audacious mouse that tried to crawl into all of our things. The day’s final four miles went by quickly as we

set a fast pace. Meg’s ankle improved exceedingly while we were hiking and she was soon able to walk without having to rely on the crutch! We arrived at the campsite, set up camp and then went for a quick dip in the leech-ridden Rainbow Lake. When we returned to the campsite we had acquired some rather intriguing neighbors, but they didn’t disturb us, and we went right to cooking two days worth of pasta for another delectable mac’n’cheese dinner. (SK)

Day 12: Abol Pines Campsite

This morning we got to sleep in until nearly 6:00 am. Breakfast was a meager serving of granola, but no one complained about the portions because we knew that we would reach civilization at some point during the day. The terrain remained smooth as we walked closer and closer to the real world and we made good time, putting 7.7 miles behind us by 10:45.

We took a good break at the Hurd Brook lean-to where we enjoyed our final Luna bar lunch. While we were resting, a day hiker came upon us and proceeded to talk about his rather uncanny hiking accomplishments. Sara and Izzy found him to be something of a blowhard, and we were all glad when he and his wife continued on their way. We too continued on to Abol Bridge where we stopped and watched white water rafters float down the Penobscot River that flowed deep and dark below us. Our next stop was the Abol Bridge store. Sara and Izzy went in and came out with their arms full of food. The group ate all of it and then went back for more.

Needless to say, two weeks of hiking had left us ravenous. Finally we dragged ourselves to the Abol Pines Campsite where we relaxed, sunning ourselves



on the riverbank and marveling at the not-so-hardcore families that were camped all around us. (KK)

Day 13: Katahdin Stream Campsite

We arose at 6:45 am and broke camp efficiently before making our return to the store for some fresh milk and hot chocolate to go with our cereal breakfast. We finished by 8:15 and set off along the Golden Road toward Baxter State Park. After crossing the park's boundary, we walked quickly, gunning to finish the last stretch of our journey. We had several river and lake crossings that provided us great views of Katahdin, a preview to the climax of our adventure. We reached the Katahdin Stream campground in the early afternoon and once again found ourselves surrounded by families with cars and air mattresses and such amenities. While the girls set up camp, Sara and Izzy met a very nice couple of women who were on their way home after having climbed Katahdin. The ladies were sympathetic to our position and gave us all of their leftover food. We spent the better part of the afternoon basking in the sun, but a storm blew in just before dinner, forcing us to retreat to our tents. Fortunately the storm was short and we emerged to cook a scrumptious spaghetti dinner on our picnic table. We stayed up well past our usual bedtime playing cards, talking, and generally enjoying each other's company. (CC)

Day 14: Katharine Stream

We awoke at 7:30 am after a much deserved sleep-in. The rain from the night before had passed and the sun was trying to come out. The girls were gracious enough to make their counselors delicious pancakes, which they served to their intrepid leaders in bed. After finishing breakfast, we

walked over to the ranger station to do a little community service. We painted the side of the ranger station. Armed with brown stain, stiff old brushes, and some wobbly ladders the group worked together to complete the job in two hours' time. Izzy was even able to charm the ranger into letting us listen to the radio outside which is strictly against park policy. When we finished the rangers were also nice enough to give us each an ice cold Pepsi. We ate a late lunch on the gravel shore of Katahdin Stream, toasting our bagels and English muffins on the whisper light and then smothering them in peanut butter, fluff, and jam.

In the early afternoon, the Klines (Sommer's parents) arrived to spend the night with us and hike Katahdin the next morning. They were very kind and brought us fresh fruit and all manner of junk food. Around dinnertime, Katie Moulton rolled up in the big white "15 p" with Claire in tow. Our group complete and reunited, we ate a massive dinner of sandwiches with fresh cold cuts and hummus and helped Katie with her crossword puzzles before calling it an early night.

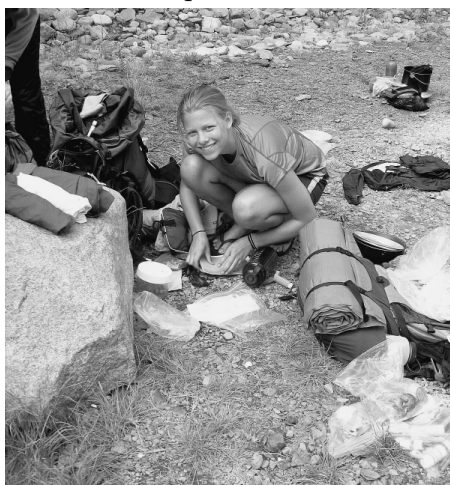
Day 15: Katahdin Stream

We woke at 5:00 am for the last time, and ate a quick breakfast of muffins and bagels and cream cheese. When we were all ready we set out on the trail, ready to conquer the greatest challenge of our trip. The girls' newfound fitness showed from the start as we made good time. The leaders kept their eyes on the sky as the morning weather did not look promising. But, as we hit the tree line the clouds parted and the sun came through. Despite the strong, cold wind that buffeted us as we clamored over the large boulders the girls were

full of energy. They talked and chatted and laughed as we climbed higher and higher. We reached the summit of Katahdin in just over four hours, and spent a good amount of time admiring the views that went in and out of sight as the heavy clouds shifted around us. After a hearty snack and a lengthy photo shoot around the sign, we headed back down. As we crossed the Tableland, we passed the Mara Vista girls group that had been hiking behind us for the whole trip. Sara and Izzy were relieved to know that we beat them to the top of Katahdin before them.



The descent was somewhat slow, but super fun as the sun came out and the wind died down, making for fantastic hiking weather. When we finally got back to our campsite we broke camp as quickly as possible and loaded up the van. The drive was bittersweet as we were all excited to be headed home to showers and a real bed, but sad to leave the majesty of the Maine wilderness. Our return to Wavus was quiet as it was late and we were all exhausted. After a long shower we all crawled between our clean sheets and went off to sleep.





A Day at Wavus

7:30 - 8:00 a.m.	Reveille and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 - 9:10 a.m.	Duties, Cabin Clean-up
9:30 - 10:20 a.m.	First Activity Period
10:30 - 11:20 a.m.	Second Activity Period
11:30 - 12:20 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:15 - 2:15 p.m.	Rest period
2:30 - 3:20 p.m.	Third Activity Period
3:30 - 4:20 p.m.	Fourth Activity Period
4:30 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:00 - 8:00 p.m.	Evening Activity
8:00 p.m.	Flag Lowering and Taps
9:00 - 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

We Were Busy With...

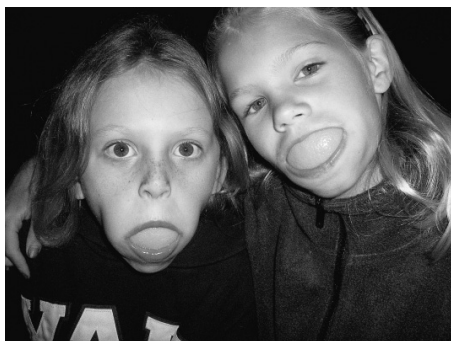
ARCHERY	ENVIRONMENTAL	POTTERY
ARTS AND CRAFTS	DISCOVERY	TENNIS
BOATING	FISHING – spin cast and fly	ROPES
Sailing, canoeing, kayaking	FIELD SPORTS	RIFLERY
BAKING/COOKING	Soccer, kickball, badminton, volleyball, basketball	SWIMMING
		WOODWORKING

And In The Evening With...

Cooking, board games, knitting/crocheting, drama/improv, music, Wavus Log (newsletter), water volleyball, talent shows, specialty crafts, community service, star gazing with a telescope, evening fires with storytelling and s'mores!







Wavus Dictionary: Campisms

announcements (a-NOWN-smants) noun: the declaration of daily information that is preceded by the infamous “ANNOUNCEMENTS!” song (you know how it goes), and is directly followed by the actual announcements
use: “Does anyone have any **announcements**?”

the Beaver (BEE-ver) noun, place: the infamous (and hidden) counselors’ lodge, reportedly said to have a giant candy aisle, movie theater, Olympic-size swimming pool, and llamas; located under Andrew’s Hall
use: counselor: “I was in **the Beaver** this morning, and it is a complete mess!”

Buff and Green (BUFF and GREEN) nouns, classic Wavus: Buff and Green refer back to ye olde days of Wavus Camps; whenever teams were split up for sporting events, they were assigned either the color Buff (a creamy off-white) or the color Green (in this case, the Wavus Green – forest green)
Use: “For tonight’s game of Capture the Flag we will be dividing into two teams: **Buff and Green!**” (then you have to explain to the kids what kind of color “Buff” is...)

the Gash (GASH) noun: abbreviation for the Allagash Cabin, can be used to refer to the cabin. Or its residents, as a whole
use: Upon the Allagash’s arrival from northern Maine, campers shouted, “**The Gash is Back! The Gash is Back!**”

Giles the Gnome (GUY-yuls the NO-mm) proper noun: a specific gnome found here at Wavus; Giles has a knack for hiding
use: “Has anyone seen **Giles the Gnome**?”



E.A. (eee-ay) noun: one of the many abbreviations for things at Wavus, E.A. is short for “evening activity”
use: “Hey, do you know what the **E.A.** is for tonight?”

FIND IT! <clap clap> **FIND IT!** <clap clap> exclamation: when someone has lost or misplaced an item, they are met with this chant
use: “I lost my water bottle!” crowd yells, “**FIND IT! FIND IT!**”

FOUND IT! <clap clap> **FOUND IT!** <clap clap> exclamation: when someone has found an item that does not belong to anyone, and wants to let the group know
use: “I found this water bottle down by the docks.” crowd yells, “**FOUND IT! FOUND IT!**”

G-Swim (JEE-swim) noun: abbreviation for general swim
use: “I found a leech at **G-swim!**”

G.O.R.P. (gorp) noun: abbreviation for “good old raisins and peanuts,” commonly used as the name for any trail mix
use: “*I can’t believe we ate that giant bag of **G.O.R.P.**!*”

GUN SHOW (gun-SHOW) noun: referring to one’s giant arm muscles
use: “*Check out this **GUN SHOW**!*” <flexes arms and grimaces>

O.R.T.-free (ort-FREE) adjective: abbreviation for *organic trash-free*, generally referring to when one has eaten everything that was on her plate, also can be used as a chant

uses: a.) “*I’m totally **O.R.T.-free**!*” <shows friend a completely clean plate>
b.) one group shouts, “*Yippee, Skippee, we’re **O.R.T.-free**!*”, another group shouts back “*Yippee, Skippee, so are we!*”

the Penguin (PEN-gwin) noun, place: the infamous (and top-secret) campers’ lodge, reportedly said to have an even bigger candy aisle than the Beaver, I-MAX theater, a roller coaster, giant ball pit; and actual penguins; located inside one of the port-a-potties on the Point
use: camper: “*Whew! I just came back from **the Penguin**...I’m a little dizzy from the roller coaster!*”

skip around the room (skip-aROWND-the-ROOM) phrase: when it is one’s birthday, or an otherwise momentous occasion, one is forced to actually skip around the room as a form of celebration, used as a chant
use: “***Skip around the room, skip around the room, we just won’t stop until you skip around the room!***”

Swim USA (SWIM-ew-ess-ay) noun: part of the waterfront program, Swim USA is an activity where the participants swim “across” the whole USA. Each state is worth a certain amount of laps, depending upon its size (for example, Maine = 20 laps, while Texas = 55 laps), with a total of more than 1,000 laps for the whole country
use: “*I finished 5 states at **Swim USA** today!*”

Wavoose (wav-OOS) noun: one hailing from Wavus Camps; adjective: describing something from or unique to Wavus Camps; slang: for Wavus Camps
uses: a.) “*Here come the **Wavoose**!*”
b.) “*I was competing in the **Wavoose** Iron Girl events.*”
c.) “*Welcome to **Wavooooose**!*” (extra “oooo”s for dramatic effect)

Weather

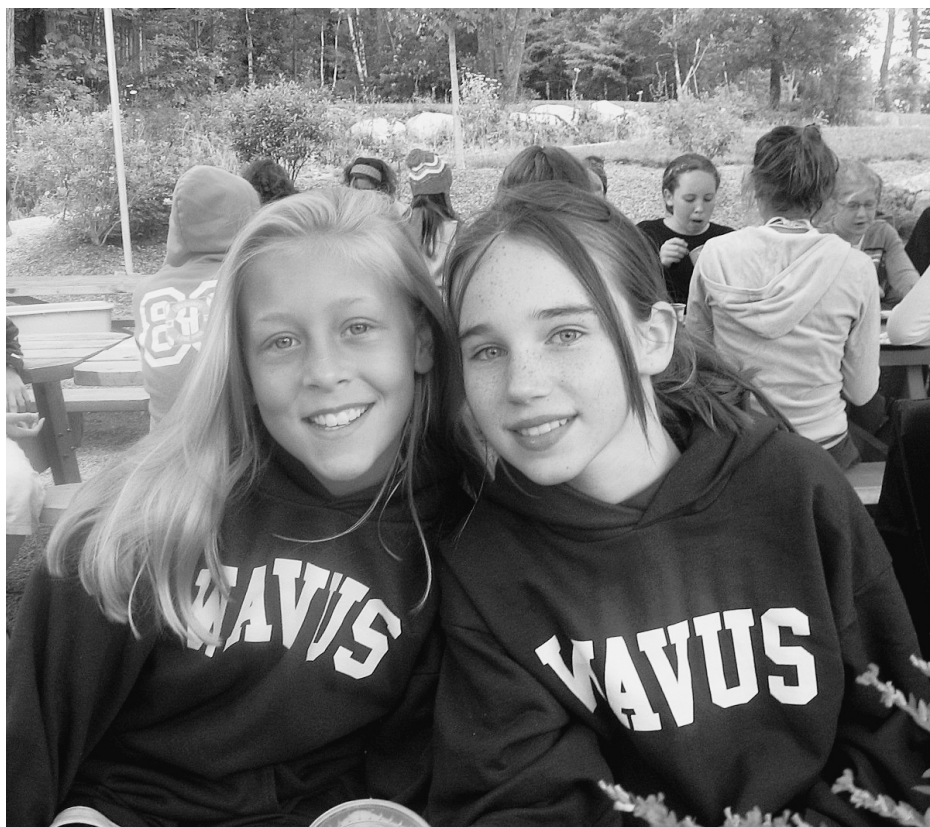
Miss Weather and her Weather Chickens

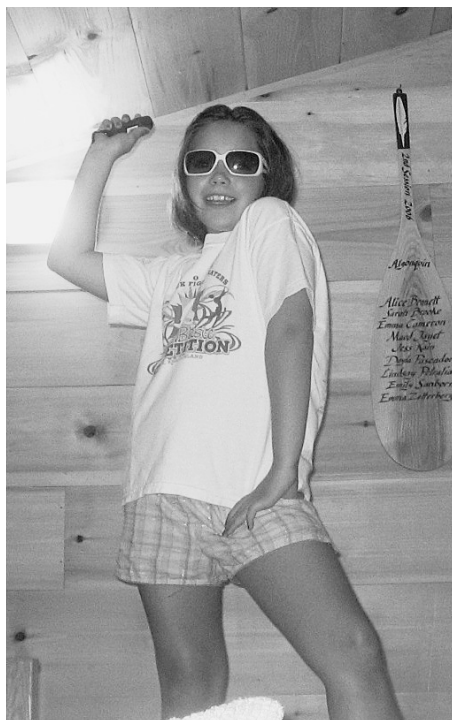
Hello Wavoose campers and staff, it is I, Miss Weather! I must confess that it is a wee lonely up here on the shores of Lake Damariscotta. Alas, my weather chickens have begun their yearly migration to Mexico, leaving me with just my weather alligators and weather sheep. It's just not the same without the chickens. I have enclosed a highly confidential photograph of me and one of my elusive weather chickens to give you an idea of how large they can get



when raised outside of captivity. My beasts of forecast and I eagerly await the return of camp.

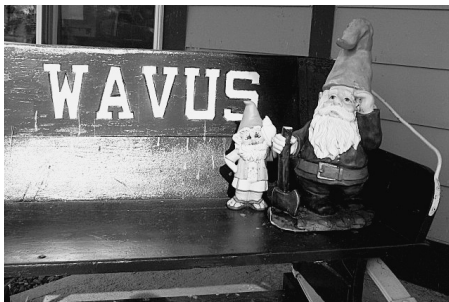
Best Wishes,
Miss Weather





Giles the Gnome

Hello, it is I, Giles the Gnome. It was with great honor that we welcomed a new addition to the Wavus Gnome family: Delphinium. Although young Delphinium was used to much warmer weather, he soon grew acclimated to brisk Maine summers. I have been informed that he has returned to his tropical habitat for the long winter months, so if you happen to be



vacationing in the Caribbean, keep a look out. Many of you were successful in finding me this past summer; I commend your efforts as well as your keen eyes. Once again, I have managed to camouflage myself within this Annual. It is up to you to seek out the many Giles (and maybe a stray Delphinium). Good luck.

Sincerely,
Giles the Gnome



KIEVE WEST - COUNCIL

HENRY R. KENNEDY, Executive Director of Kieve-Wavus 2006-07 [Year Round]; Executive Director of Kieve 1990-2005; Kieve Council 1973-1980; Kieve Camper 1967-1972; B.A. Colby College; Camp Kieve, PO Box 169, Nobleboro, ME 04555; Winter Address: 24 Whitetail Rd, Cumberland, ME 04021; hrk@kieve.org

KATHARINE "KATIE" H. MOULTON, Kieve West Director 2004-07; Wilderness Tripping Director 2005-07; Co-Director Wavus Summer Camp for Girls 2006; Kieve Girls Camp Director 2005; Kieve West Council 2002-04; Colby College 2000; Camp Kieve, PO Box 169, Nobleboro, ME 04555; kmoulton@kieve.org

WILLIAM "TYLEE" ABBOTT, Kieve West Council 2007, [Head Trip Leader - Session I]; Kieve West Council 2006, Asst. Trip Leader - Session II; Kieve West Camper 2002; Kieve Camper 1996-2000; Franklin & Marshall College 2007; 975 Hillsdale Rd, West Chester, PA 19382-1920; wabbott@fandm.edu

GALEN "RAJ" FISHER, Kieve West Council 2007, [Co-Trip Leader - Sessions I & II]; Kieve West Council 2006, Co-Leader - Sessions I; Boston College 2006; 445 Summit Rd, Watsonville, CA 95076; rajfisher@gmail.com

"RACHEL" L. FRIED, Kieve West Council 2007, [Head Trip Leader - Session I & II]; Kieve West Council 2006, Head Leader - Session I; Kieve West Council 2005, Co-Leader - Session II; Kieve West Council 2004, Co-Leader - Session II; Kieve Staff 2003-05; Kieve Science Camp for Girls Council 2003; Kieve West Camper 2002; Kieve Science Camp for Girls Camper 1997-98 & 2000; Columbia University 2006; 151 Berry St, #1R, Brooklyn, NY 11211; rlfried@gmail.com

"KATHERINE" W. KALARIS, Kieve West Council 2007, [Asst. Trip Leader - Session I]; Kieve West Council 2006, Asst. Trip Leader - Session II; Kieve Staff 2003-04; Kieve West Camper 2002; Dartmouth College 2007; 280 Oak Ridge Ave, Summit, NJ 07901; Katherine.W.Kalaris@dartmouth.edu

"AUBREY" C. MILLERT, Kieve West Council 2007, [Asst. Trip Leader - Session II]; Wavus Council 2006-07; Kieve West Council 2005, Asst. Trip Leader - Session I; Kieve Staff 2004-05; Bowdoin College 2007; 14 Otter Trace, Brunswick, ME 04011-7380; amillert@bowdoin.edu

"ERIC" SEVERN, Kieve West Council 2007, [Logistics - Session I]; Kieve West Council 2006, Logistics - Session I; Kieve West Council 2006, Head Leader - Session II; Kieve West Council 2005, Co-Leader - Session I & II; Kieve West Council 2004, Co-Leader - Session I & II; Southwest Adventures 1992; 1687 Pine Valley Rd, Bayfield, CO 81122-9205; wiggam@mydurango.net

KIEVE WEST - PARTICIPANTS

"ELIZA" R. CRESS, Kieve West Camper 2007; [Kieve West Session II]; Longmeadow High School; 273 Converse St, Longmeadow, MA 01106; mfcress@comcast.net

ALEXANDRA "ALEX" DANZ, Kieve West Camper 2007; [Kieve West Session I]; East Islip High School; 47 Marilyn St, East Islip, NY 11730; samuraiqtpie@aol.com

NATHANIEL "NAT" DUNCAN, Kieve West Camper 2007; Kieve Camper 2001-06; [Kieve West Session II]; Williams School; 1 Sill Lane, Old Lyme, CT 06371; nduncan48@comcast.net

"GEORGE" B. GROGAN, Kieve West Camper 2007; Kieve Camper 2005-06; [Kieve West Session I]; Pomfret School; 715 High St, Dedham, MA 02026; gbrogan@hotmail.com

"HENRY" B. HARDING, Kieve West Camper 2007; Kieve Camper 1999-2006; [Kieve West Session I]; Middlesex High School; 28 Harmon Park, PO Box 460, York Harbor, ME 03911; hbharding@middlesex.com

"SARAH" JANISZEWSKI, Kieve West Camper 2007; Wavus Camper 2006; [Kieve West Session I]; Westerly High School; 5 Sacco Dr, Westerly, RI 02891; x_revolution11@yahoo.com

AARON "A-KAPS" KAPLAN, Kieve West Camper 2007; Kieve Camper 2001-06; [Kieve West Session II]; John Jay High School; 44 Old Aspetong Rd, Katonah, NY 10536; akaps116@gmail.com

MARIA "RIA" NOVICK, Kieve West Camper 2007; [Kieve West Session I]; McDonogh School; 3113 Fox Valley Dr, W. Friendship, MD 21794; mnnovick@mcdonogh.org

WILLIAM "WILL" C. PHIFER, Kieve West Camper 2007; Kieve Camper 2001-2006; [Kieve West Session II]; Westminster School; 565 W End Ave, Apt #17A, New York, NY 10024; wphifer08@westminster-school.org

LAURIE BETH "LB" RICHARDSON, Kieve West 2007; Kieve Camp for Girls Camper 2005; [Kieve West Session I]; McDonogh School; 8600 McDonogh Rd - Box 380, Owings Mills, MD 21117; lbrichardson@mcdonogh.org

"ERIK" F. SAETREN, Kieve West Camper 2007; Kieve Camper 2002-06; [Kieve West Session I]; Danielsen Ungdomsskole, Norway; Starefossveien 43, Bergen N-5019 Norway; erik_dawg@hotmail.com

ROBERT "ROB" J. SANNA, Kieve West Camper 2007; Kieve Camper 2003-2006; [Kieve West Session I]; Millburn High School; 71 Jefferson Ave, Short Hills, NJ 07078; Americana1259@yahoo.com

"HOLLY" B. SEAMANS, Kieve West Camper 2007; Kieve Science Camp for Girls Camper 2001-02; [Kieve West Session I]; Westover School; 258 High Rd, Newbury, MA 01951; hseamans@westoverschool.org

"JASON" M. SOKEL, Kieve West Camper 2007; Kieve Camper 1998-2006; [Kieve West Session I]; Montgomery High School; 24 Cherry Brook Dr, Princeton, NJ 08540; jamasok@aol.com

"IAN" M. STEVENS, Kieve West Camper 2007; [Kieve West Session I]; Daniel Hand High School; 14 Juniper Ln, Madison, CT 06443

ARIELLE "ARI" V. TATAR, Kieve West Camper 2007; Kieve Summer Camp for Girls Camper 2005; [Kieve West Session I]; Providence Country Day School; 4 Hope Ct, Barrington, RI 02806; ArielleTatar@cox.net

STEVEN "STEVE" TRINKLE, Kieve West Camper 2007; Family Camp Participant 2003-06; [Kieve West Session I]; Ward Melville High School; 7 Oakway Dr, Stony Brook, NY 11790; steve_trinkle@yahoo.com

"CULLOM" WALKER, IV, Kieve West Camper 2007; Kieve Camper 2000-2006; [Kieve West Session I]; Mountain Brook High School; 817 Beech Ct, Birmingham, AL 35213



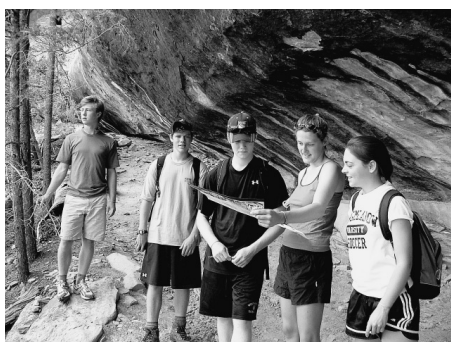
Kieve West – Summer '07

There is no one way to learn leadership or one way to have a successful Kieve West course. This summer, our three eclectic Kieve West groups ran the gamut of experiences. Some walked blissfully across the Weminuche Wilderness devoid of mishap; others faced evacuations and route changes, rallying around their strong sense of humor and care for the group; and then finally there was the pioneer group, a small crew of intrepid explorers who went north to find rolling hills and sub alpine meadows with few people but perhaps a few too many sheep.

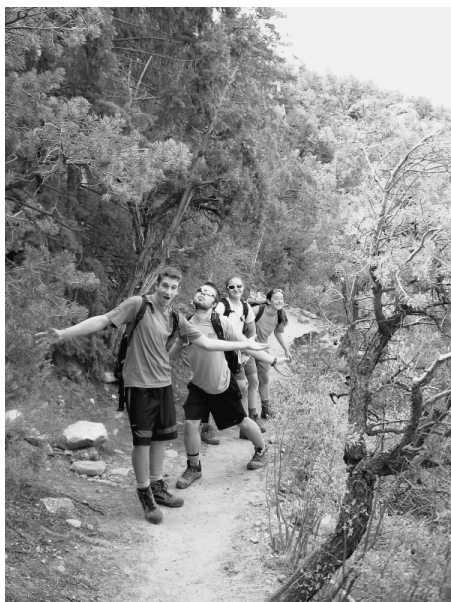
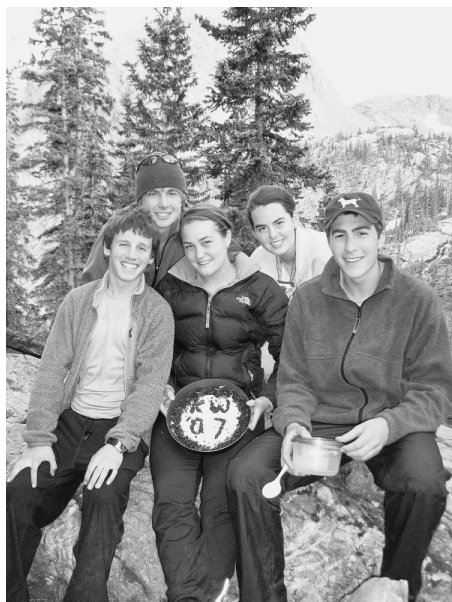
Colorado is big, and there is much to explore. Kieve West will continue to find the high peaks, sunny days, and phenomenal backpacking routes. But most of all, Kieve West will maintain its tradition of strong leadership with adventuresome participants who crave the challenge of backcountry travel and the camaraderie that develops through that challenge. Kieve West participants will continue to swell the ranks of counselors at Kieve and Wavus – bringing with them the energy, confidence, and compassion that they honed in the Rockies. Come share in the experience; there are mountains to climb.











Alumni and Family Adventure Camp

From the opening night barbeque and fireworks to the closing night campfire and storytelling, the 2007 Alumni and Family Adventure Camp was a huge success!

Nine families joined us this year for a week of warm, sunny, activity packed days at the Alumni and Family Adventure camp, directed by Kristin Mallory, at Wavus. Many mornings were enjoyed at a leisurely and delicious breakfast created by Mary, then on to arts and crafts with Maris to make stuffed animals, jewelry or tie-dying, the afternoons were spent swimming or sailing with Jeff Buckley and the evenings were spent in the pottery room with Malley Webber. Sprinkle around some time at archery and riflery

with Heather and Matt, on the Aqua zip and HS Swing with the Leadership School staff, sitting for caricatures with Joe, more delicious meals by Mary and settling down with s'mores at the fire for some storytelling with Suse, guests went to bed each night content from a day filled of both small and large adventures. And, while the adventures on campus kept everybody busy we also spent time on the Snowgoose III lobster boat, at the Union Fair, horseback riding at 100 Acre Wood in Jefferson, and enjoying home cooking from the FDNY Ladder 3 firefighters at the Kieve campus. We hope you will join us next with tentative dates set for August 17-23, 2008.



